

Educators' EAP | Are you suffering from depression?

Educators' EAP <clientservice@theeap.com>

Fri 9/15/2023 1:00 PM

To: Elena Maskell <emaskell@rhcsd.org>

CAUTION: This email originated from outside of the organization and may contain harmful content. If the sender name matches district personnel do not respond to the message and immediately notify the IT department.

Please Share with Your Employees!

Hello,

A Gallup poll earlier this year said **17.9% of Americans** are being treated for depression, up about 7 percentage points since they began tracking in 2015.

Many people just don't recognize the signs of depression, so they don't get the help they need. It's important to be aware of the symptoms or signs that help is needed — in ourselves and in others.

Signs of depression often include:

- Feeling sad or “empty.”
- Feeling hopeless, irritable, anxious, or guilty.
- Loss of interest in favorite activities.
- Feeling very tired.
- Inability to concentrate.
- Inability to sleep or sleeping too much.
- Overeating, or not eating at all.
- Thoughts of suicide or attempts of suicide.

Just as you seek care for your physical health, it's equally important to care for your mental health. Don't wait to get help if you are in pain.

Learn more about depression by logging in at www.theEAP.com/Educators-EAP, click on the “**Emotional Wellness**” tile and choose Depression from the drop down menu. Or scroll to the menu at the bottom of the page and click “**Assessments**” to take a brief, confidential online **Depression Screening**. (There are other screenings you can take for your physical or mental health there, too.)

If you or a loved one are in crisis or need immediate help, **call, text, or chat 988 for the Suicide & Crisis Lifeline**. This 3-digit number offers a memorable, easy path to access services. The Lifeline offers free, confidential support to people in suicidal crisis or mental health-related distress 24 hours a day, 7 days a week, across the U.S.



800.252.4555

www.theEAP.com/Educators-EAP

Clients of ESI Employee Assistance Group have received this email to relay information about the employee assistance benefits for your organization. The EAP is a confidential benefit available to you, your employees and their family members.