

Depression Awareness

More than 18 million people in the United States suffer from depression.



Emotional Symptoms Include:

- Extreme irritability
- Anxiety and restlessness
- Trouble with anger management
- Loss of interest in activities
- Fixation on the past or on things that have gone wrong
- Thoughts of death or suicide*

Physical Symptoms Include:

- Insomnia or oversleeping
- Debilitating fatigue
- Increased or decreased appetite
- Weight gain or loss
- Difficulty concentrating or making decisions
- Unexplained aches and pains

Think you or someone you love may be depressed? Take a free, confidential screening to find out more:

1. Go to **www.cascadecenters.com**
2. Click 'Member Log-In'
3. Register as a new user and enter your company name
4. On the 'Home' page, click "**Assessments**" and "**Depression Screening**"

It's important that you talk to someone about it.
You are not alone and *depression is highly treatable.*



*If you or a loved one have thoughts of death or suicide, please call the EAP at 1-800-433-2320. Counselors are available 24/7.

Cascade Centers EAP

call: 800-433-2320

text: 503-980-1777

email: info@cascadecenters.com

visit: www.cascadecenters.com



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