

Depression hurts. Let us help!



Depression affects everyone differently. Symptoms can include:



Sadness



Changes in
your appetite
or weight



Difficulty
sleeping or
oversleeping



Feelings of
hopelessness,
pessimism,
guilt and
worthlessness



Fatigue or
low energy



Poor
concentration



Loss of
interest in
activities



Irritability

Here's the good news! Depression is very treatable.

When you're ready, we're here. Your Employee Assistance Program (EAP) can help you deal with depression and the things in your life that contribute to it.

Visit the *Let's Talk Depression* toolkit on your EAP website to find expert advice, tools and resources for managing depression.

Contact your EAP for confidential, 24/7 support:

By phone: 800-999-7222

Online: anthemEAP.com

Login: SJECCD

Remember, EAP is available to both you and your household members!

With EAP, you also have access to myStrength, a health club for the mind; myStrength provides:

- Personalized online and mobile wellness tools for managing depression, stress and other conditions.
- Inspirational videos, articles and quotes.
- Step-by-step eLearning modules.

Check out [this video](#) to learn more.

Anthem[®]EAP

Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese - 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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