

# 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](http://anthemEAP.com)

Login: SISC

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.

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