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: SISC

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