

THERE IS HOPE

Help and support are just a phone call away

It's normal to occasionally feel "down." Many people who suffer from depression, however, regularly struggle with prolonged feelings of sadness, discouragement, and worthlessness—even if they appear on the surface to be functioning normally. The good news is that your Employee Assistance Program (EAP) offers many effective ways to get you the help you need for treating depression. If you think you might be depressed, or are feeling down for any reason, give us a call.

24/7 assistance is just a call away!
The EAP offers confidential assessment, referral, and short-term consultation for any personal concern.

24 HOURS A DAY

1-800-222-0364

(TTY: 1-888-262-7848)

FOH4You.com

Publication 15-3433



PSC

EAP
We care, just call.

**FEDERAL
OCCUPATIONAL
HEALTH**