

Depression Awareness

Did you know... that 1 in 10 people will deal with depression at some time in their lives?

(Centers for Disease Control and Prevention)

Most people experience ups and downs in life. Sadness is a normal reaction to events such as the loss of a loved one or a setback at work. But if feelings of emptiness or despair take hold and are interfering with your ability to function or enjoy time spent with friends or family, you may be experiencing depression. Sometimes it's hard to identify depression while you're experiencing it. Seek help if you are experiencing any of the following symptoms:

- Difficulty concentrating, remembering details and making decisions
- Feelings of guilt, worthlessness, pessimism and/or helplessness
- Insomnia or excessive sleepiness
- Loss of interest in activities or hobbies you previously enjoyed
- Overeating or appetite loss
- Thoughts of suicide or suicide attempts

IMPACT offers confidential professional counseling as well as depression and suicide awareness information on the web where you will find resources, assessment tools, fact sheets, and guidance on how to get help.



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