



National Depression and Mental Health Awareness and Screening Month

Depression is real, common and treatable. Recovery is possible.

SYMPTOMS

-  Isolation
-  Lack of energy
-  Trouble sleeping
-  Substance misuse
-  Anger or sadness

WHAT YOU CAN DO

-  See your doctor or contact your program
-  Get screened
-  Learn about self-help

Visit your member website to learn more.