



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

Help is available. Contact your Employee Assistance Program at Member.MagellanHealthcare.com (enter Principal Core) or 1-800-450-1327 (TTY 711).