



October is Depression and Mental Health Awareness and Screening Month

Learn about the signs, symptoms and treatment of depression.

- Primary depression symptoms include persistent feelings of sadness or emptiness.
- Clinical depression is a serious medical condition that, if untreated, can lead to self-harm and/or suicide.
- When people come together to learn about mental health problems, it helps reduce negative stigmas.

Call your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit Member.MagellanHealthcare.com (enter Principal Core) for helpful resources.

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