

Dealing With Depression



IS IT MORE THAN JUST THE BLUES?

Learn to identify depression, coping with the symptoms, and when to ask for help.

Your Member Assistance Program can help with:

- Articles and tip sheets on the symptoms of depression, treatments, and parenting a child who is depressed
- Audio on depression and exercise, seasonal affective disorder, and the baby blues
- Video on anti-depressant therapy
- FAQs on antidepressant medications and their side effects

TOLL-FREE: **800-624-2593**

WEBSITE:

www.nationaleap.com

USERNAME: **LOCAL 25**

PASSWORD: **LOCAL 25**

Available anytime, any day, your Member Assistance Program is a free, confidential program to help you balance your work, family, and personal life.



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