



# Depression Warning Signs

Depression is a treatable medical illness involving an imbalance of brain chemicals called neurotransmitters and neuropeptides. What are the symptoms?

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, worry, agitation, anxiety
- Loss of energy, persistent lethargy, and others

If you are feeling depressed, don't wait. Get help from your Employee Assistance Program today.

## Here when you need us.

Call: **866-465-8935**

TTY: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: **PSHMC**