We all hope our lives stay on a bright wave of happiness with the plans and dreams we want for ourselves and our families.

Life happens on its own terms and we have to meet life on those terms. Sometimes we are challenged by changes or events in our lives that may bring about a range of emotions.

The normal ups and downs of life mean that everyone feels sad or has "the blues" from time to time. But if emptiness and despair have taken hold of your life and won't go away, you may have depression.

Depression makes it tough to function and enjoy life like you once did. Just getting through the day can be overwhelming. But no matter how hopeless you feel, you can get better. But here is the thing……..

- Too often we tell ourselves we will be fine, things will change
- Too often we feel embarrassed to reach out for counseling services
- Too often we let negative statements we have heard others say about counseling influence our decision not to reach out

We all need to part…… watch what you say, if you don’t understand counseling, don’t make negative statements; if you hear someone make a negative statement, say something to them; and don’t hesitate to reach out to the EAP or to another professional.

Stand Against Stigma
Changing minds about mental illness.

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