GuidanceResources®

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: 877-527-4742

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNow℠

Web ID: State of Delaware

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