

Beating Depression



Call First Sun at
800-968-8143
or visit
www.firstsuneap.com

Depression is treatable.

Sadness is a common occurrence in everyone's life. If your sadness continues, and becomes disruptive to your life, then it may be depression — and we can help.

Do you recognize any of these symptoms of depression in your life? If you are concerned you may be depressed, please call First Sun EAP for help at 800-968-8143.

Symptoms of Depression

- Persistent sad mood
- Feelings of hopelessness
- Decreased energy or fatigue
- Problems sleeping
- Restlessness or irritability
- Difficulty concentrating or making decisions

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services