



Visit the The Jefferson Health Plan-EAP website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges. If you don't know where to start, take an assessment to find resources that meet your unique needs.

The Jefferson Health Plan-EAP

Managing depression

Are you feeling down more than usual or getting angry about little things? Have you lost interest in things you used to enjoy? These can be symptoms of depression. Fortunately, depression can be treatable.

If you or a loved one struggles with depression, your The Jefferson Health Plan-EAP benefit offers support and resources at no extra cost. Use it to:

- Access screenings to help identify depression.
- Learn about treatment options.
- Find professional counseling online or in person.
- Discover tips for helping a loved one who is experiencing depression.

We are here to help.

To learn more about available resources and find support, contact us today.

achievesolutions.net/jhp

877-233-0976

