

## BJA Whie We Have You... SAF Bureau of Justice Assistance You... SAF



# Are you having trouble getting out of bed?

Have you been feeling hopeless, helpless, or worthless?

Do you have a sense of failure?

### This may be a sign of depression. Common symptoms include:1



- Feeling worthless or guilty
- Loss of interest in things that were once pleasurable
- Feelings of hopelessness
- Changes in weight or appetite
- Loss of energy or increased fatigue
- Trouble sleeping
- Difficulty thinking, concentrating, or making decisions
- Thoughts of death or suicide

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### **Employee Assistance Programs**

(EAPs), chaplain programs, mental health resources outside of the agency, and 24/7 hotlines are available to you. You also can speak with a trusted friend, family physician, or family member.

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers 24/7, free, and confidential mental health treatment at

-800-662-4357.

Call 988 for the Suicide & Crisis Lifeline (or text "BLUE" to 741741).

<sup>1</sup> What Is Depression? American Psychiatric Association. https://www.psychiatry.org/patients-families/depression/what-is-depression.

Agency EAP:

Agency Chaplain:

#### Visit valorforblue.org and safleo.org for additional resources on depression.

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