

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).

¹ 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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