



## 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:<sup>1</sup>

- 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



## 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 1-800-662-4357.

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](http://valorforblue.org) and [safleo.org](http://safleo.org) for additional resources on depression.