



Having too much down time?



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Depression is a common but potentially serious medical illness, affecting about 17 million adults each year in the United States.

An occasional bout with the “blues” is normal, but if you’ve been feeling down, hopeless or stressed for a couple of weeks or more, you might have depression.

A depression screening can help you get appropriate treatment, which can improve your relationships, job or school performance and your overall health. Talking with your physician is a good place to start, and there also are many confidential screenings available online or in your community.

Just because life has its ups and downs doesn’t mean that you have to. If you think you’re depressed, seek help and treatment right away.

Check your benefits booklet to determine if your health plan coverage pays for this type of screening.

Source: National Institute of Mental Health

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