

TOLL-FREE:
888-978-1262

WEBSITE:
www.myccaonline.com

COMPANY CODE:
JHEAP

Counseling services
request form: **jh.eapintake.com**

APP: **CCA@YourServiceAccess**
Code: **JHEAP**

Support for Depression

Depressive disorders are real illnesses that involve extended periods of feeling extremely low and disrupt a person's ability to enjoy life. Nearly 7% of American adults had a major depressive episode in the past year.

Depressive disorders are NOT: being sad about a bad situation, a pity party, all in a person's head, laziness, being stuck in a rut, something that a person just "gets over," a character flaw, or a sign of weakness.

If you or a loved one suffers from depression, you're not alone. Free, confidential support is available 24/7/365 to all employees and their families through JHEAP, your Johns Hopkins Employee Assistance Program. Call for in-the-moment support, or to be connected to counseling and resources. Information and assessments are also available online.

Early diagnosis, detection and treatment have proven successful in relieving symptoms and helping people get their life back.

Depressive disorders can affect the body, thoughts and behavior.

Common signs of depression include:

- Changes in sleep patterns
- Changes in appetite or weight
- Feelings of inadequacy, sadness, loneliness, guilt and emptiness
- Withdrawal from social activities
- Lack of interest in once pleasurable activities
- Lack of concentration or focus
- Inability to keep up with daily responsibilities
- Preoccupation with death or suicide
- Physical aches and pains