



**Employee Assistance
Counseling Program**
Caring for Each Other

DEPRESSION

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The Cone Health Employee Assistance Counseling Program (EACP) is a free employer-provided service. Services include: assessment of problems; counseling for individuals, couples or families; counseling for adults, adolescents or children; or referral to other specialized services. All services are confidential and professional; they are not noted in any employee records or shared with managers.

We have three locations:

Burlington
Grand Oaks Center
1238 Huffman Mill Road
Burlington, NC 27215

Reidsville
618 S. Main Street
Reidsville, NC 27320

Greensboro
600 Green Valley Road
Suite 204
Greensboro, NC 27408



For Information, Appointments, or
Crisis Assistance contact us:
Phone: 336-538-7481 or 877-800-9401
Email: eacp@conehealth.com
conehealth.com/eacp

Treatment Options

Depressive symptoms can be indicative of other potential health issues, including sleep apnea, diabetes, thyroid problems or vitamin deficiencies, so consult with a physician first.

Depression is highly treatable with medications, psychotherapy or a combination of the two. Antidepressants, which are often prescribed by a physician to treat depression, typically take two to four weeks to begin working. Also, common psychotherapy options include cognitive behavioral therapy, interpersonal therapy and problem-solving therapy.



Depression is a Real Illness.

From time to time, everyone feels sadness, a normal reaction to difficult times. But with depression, the symptoms are more severe and prolonged and cause significant distress.

Depression is a real illness – not a sign of a person’s weakness or character flaw. Signs of depression include the following symptoms when they persist for two weeks or longer:

- Depressed mood
- Loss of interest or pleasure
- Significant weight change
- Diminished concentration
- Sleep difficulties
- Fatigue nearly every day
- Feelings of worthlessness
- Recurring thoughts of death

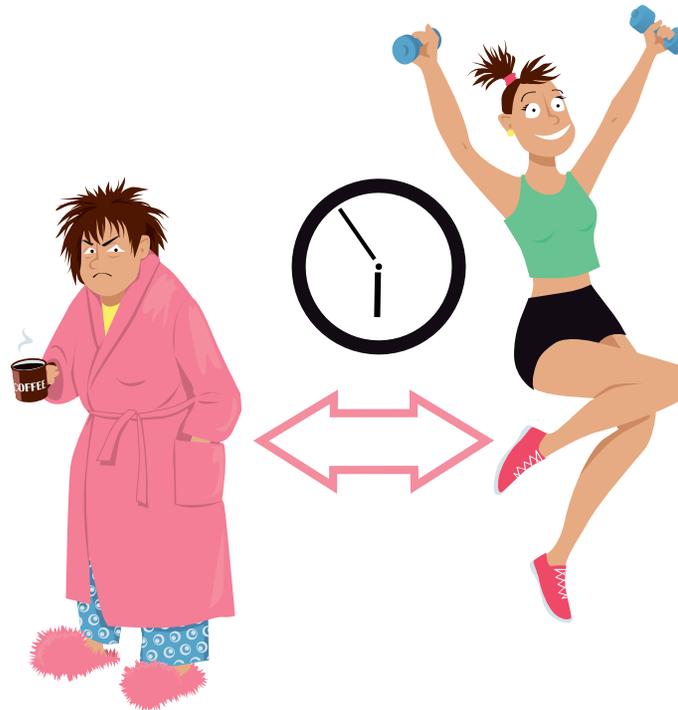
Risk Factors for Depression

The following factors may increase the risk for depression:

- Family history of depression or similar disorders
- Major life changes, trauma and other stressful life events
- Poverty, unemployment and social isolation
- Regular drug and alcohol use

Did you know?

- Women are two times as likely to develop depression.
- About 1 in 10 people will experience depression during their lifetime.
- Most people experience their first depressive episode between ages 20 and 30.



Understanding Types of Depression

From time to time, everyone feels sadness, a normal reaction to difficult times. But with depression, the symptoms are more severe and prolonged and cause significant distress.

Along with extremely low moods characterized by depression, a person with bipolar disorder (previously known as manic depression) also experiences extreme highs and irritable moods (called “mania”).

Major Depression is characterized by severe symptoms that interfere with your ability to work, sleep, study, eat and enjoy life. While an episode may only occur once in a lifetime, more often, a person experiences several episodes.

After giving birth, perinatal or postpartum depression occurs among ten to fifteen percent of women. Typically, new mothers experience this type of depression when hormonal or physical changes feel overwhelming, which can interfere with newborn care.



Seasonal affective disorder (SAD) is the onset of depression during winter months when there is less natural sunlight. Symptoms typically lift during spring and summer.