

IF SOMETHING FEELS OFF, PAY ATTENTION

MENTAL HEALTH

Before depression becomes overwhelming, there are often signs

- You're more tired than usual
- Stress feels harder to manage
- You're withdrawing from others
- You don't feel like yourself
- Things don't bring the same enjoyment



Just as you wouldn't wait for a heart attack to see a doctor, don't wait for a crisis to care for your mental health.

Best Care EAP website:



Did you know?

- Best Care EAP is available to you and your dependent eligible family members
- Best Care EAP offers multiple options for care
- Best Care EAP services are confidential



www.bestcareeap.org



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