



HOW TO HELP

KNOW THE SIGNS OF DEPRESSION

12 SIGNS OF DEPRESSION

- 1 LACK OF EMOTION
- 2 ISOLATING/WITHDRAWING
- 3 OFTEN SAD
- 4 LACK OF ENJOYMENT IN ACTIVITIES
- 5 INCREASED ALCOHOL OR DRUG USE
- 6 DESPERATION
- 7 SLEEP PROBLEMS
- 8 ANXIETY
- 9 WEIGHT LOSS OR GAIN
- 10 IMPULSIVE OR RISKY BEHAVIOR
- 11 TALK OF SUICIDE
- 12 GIVING AWAY POSSESSIONS

Many times, someone with depression could contemplate suicide. Early signs should be taken seriously. **STATEMENTS MAY INCLUDE:**

- ❗ I wish I were no longer living.
- ❗ No one understands. No one would miss me if I were gone.
- ❗ If it weren't for my family, I would just kill myself.
- ❗ Life isn't worth it to me anymore.

REMEMBER, QPR:

QUESTION: Ask the person if they are having thoughts about suicide.

PERSUADE: Encourage and support the person to seek professional help.

REFER: Get them to a local resource or call the EAP.

It may be a difficult question, but it could save a life! There is hope and help which can lead to a happy, healthy life. **CONTACT THE EAP TODAY AND SEEK ASSISTANCE FROM A PROFESSIONAL.**