



Many people feel anxious, depressed, or hopeless, and unable to function fully.

These and other mental health issues can be treated with lifestyle changes, medication, counseling or all three, yet many people feel stuck and powerless to move forward with their lives.

Speak up. Tell others about your feelings and struggles. It takes courage, but it's the first step to getting the help you need to feel better.

Show support. It's not always easy to find the right words, but the key is to acknowledge someone's struggles without judgment.

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Are you or a loved one at risk for depression?
[Download and print this assessment to find out!](#)



Take one minute just for YOU!
[Click to watch a short video.](#)



We're here to help. Health Advocate can get you to the right support and resources to help you improve your health and well-being.



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