

# Depression hurts. Let us help!



## Depression affects everyone differently. Symptoms can include:



Sadness



Changes in  
your appetite  
or weight



Difficulty  
sleeping or  
oversleeping



Feelings of  
hopelessness,  
pessimism,  
guilt and  
worthlessness



Fatigue or  
low energy



Poor  
concentration



Loss of  
interest in  
activities



Irritability

## Here's the good news! Depression is very treatable.

**When you're ready, we're here.** Your Employee Assistance Program (EAP) can help you deal with depression and the things in your life that contribute to it.

**Visit the *Let's Talk Depression* toolkit** on your EAP website to find expert advice, tools and resources for managing depression.

## Contact your EAP for confidential, 24/7 support:

**By phone:** 800 999-7222

**Online:** [anthemEAP.com](http://anthemEAP.com)

**Login:** SISC

Remember, EAP is available to both you and your household members!

With EAP, you also have access to myStrength, a health club for the mind; myStrength provides:

- Personalized online and mobile wellness tools for managing depression, stress and other conditions.
- Inspirational videos, articles and quotes.
- Step-by-step eLearning modules.

Check out [this video](#) to learn more.



**SISC**  
Self-Insured Schools of California  
Schools Helping Schools

Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese - 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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