

CHRONIC ILLNESS & MENTAL HEALTH



- It is common to feel sad or discouraged after a chronic medical diagnosis or if you're trying to manage a chronic condition like pain.
- Temporary feelings of sadness are expected, but if these and other symptoms last longer than a couple of weeks, you may be suffering from depression.
- Symptoms of depression include:
 - ❖ Feeling sad, irritable, or anxious
 - ❖ Feeling empty, hopeless, guilty, or worthless
 - ❖ Not being able to sleep, or sleeping too much. Waking too early
 - ❖ Thoughts of death, suicide or suicide attempts
- Effective treatment is available and can help.
- For more information on mental health resources, contact your ESSP Representative and/or CDR.
- For free & confidential employee & dependent family member counseling, call:***
 - ❖ ***Beacon Health: 1-800-227-9622 (Hourly)***
 - ❖ ***HMSA: 1-800-550-7200 (Hourly)***
 - ❖ ***Total Health/HMSA: 1-888-667-6603 (Salaried)***