When a Mental Health Issue Affects Your Work or Life

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Millions of people suffer from feelings of depression, stress, or anxiety. These feelings can impact work, relationships, and well-being. If you or someone you care about is feeling worried or stressed about work, money, or a personal concern, LifeWorks can help. Contact a consultant for resources, guidance, and support. You can also go online to access resources such as:

- A new podcast, **Getting Help for Depression**. An expert from the program describes the signs of depression and offers guidance on how to find help and support if you or a loved one may be depressed.
- Brief self-assessments. We offer confidential online tools like these: **Are You Depressed?**, **Are Life Changes Causing You Stress?**, and **Do You Have a Drinking Problem?**
- Our library of helpful articles. See **Anxiety Disorders**, **Choosing a Counselor or Therapist**, **Recognizing a Substance Abuse Problem and What To Do**, or **Recognizing and Dealing with Depression in the Workplace**.
- The **Mindfulness Toolkit**. It features brief guided audio exercises led by well-known experts to help you manage and reduce feelings of worry and stress.

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit [www.lifeworks.com](http://www.lifeworks.com) (username: university; password: dayton).