When a Mental Health Issue Affects Your Work or Life

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).