

# Dealing With Depression

## IS IT MORE THAN JUST THE BLUES?

Feelings of sadness are a normal reaction to life events such as a breakup or the loss of a loved one. Even a sad movie or TV show can give us the blues. But people with depression are not able to move past those feelings, and they can last for a long time. Depression is an illness that may require treatment. Your Employee Support Program can help with information and resources about depression.

## ONLINE SEMINAR

Available on demand  
starting May 17th

### Beating the Blues

We all feel sad sometimes. Get techniques for beating the blues, and learn to recognize the difference between sadness and depression.

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: **800-346-0110**  
WEBSITE: [www.inova.org/eap](http://www.inova.org/eap)  
USERNAME: **UMBCEAP**  
PASSWORD: **360231**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

