

# Depression & Suicide

## About Depression

Depression affects about 16 million Americans, which is 7% of the United States population. It's a mood disorder that causes a persistent feeling of sadness and loss of interest. The onset of depression normally appears in the late teens or early twenties. However, depression can happen at any time in your life. If you experience depression or suicidal thoughts, talk to a professional as there are several ways to treat depression effectively.



*Depression ranks among the top three workplace problems for employee assistance professionals.*

*It's not uncommon to experience stress at work, but don't ignore feelings of depression. It's important to know the difference.*

## Workplace Stress

- Stress that decreases in intensity when the stressor passes
- Occasional bouts of feeling anxious and irritable
- Muscle tension or headaches

## Workplace Depression

- Increased feelings of sadness and crying
- Persistent feelings of anxiety
- Increased lack of focus and concentration
- Feeling bored and not fulfilled in your job



# 27%

of individuals with depression reported serious difficulties in work and home life.

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