



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Employee Assistance Program (EAP) Monthly Email - October 2022

Recognizing Depression



Depression goes beyond having a bad day or feeling sad - it impacts every part of a person's life, including health, relationships, and work. Affecting an estimated one in six people at some point in their lives, depression affects emotions, sleep, energy levels and ability to concentrate. Untreated, it can even lead to earlier death from sickness

or suicide. The good news is that people with depression often respond well to treatment. In recognition of October as National Depression Awareness Month, please explore the resources and support available under the State's EAP benefit through [Beacon](#)

[Health Options](#) in order to better understand depression. Your EAP benefit can connect you with the help you may need, including:

- Help finding treatment
- Tips for healthy coping strategies
- Support along the way

To learn more about the resources available and to find support, contact us today.

Depression Resources

Please review the attachment and the following resources available through the Beacon EAP.

Article: *Depression: Causes*

Depression can be caused by many different factors. [Learn more here.](#)

Article: *Counseling to Treat Depression*

The most common types of therapy to treat depression are cognitive-behavioral therapy, interpersonal therapy, and psychodynamic therapy. [Learn more here.](#)

Article: *Medications to Treat Depression*

Antidepressants are drugs that safely and successfully treat depression or major depressive illness. [Learn more here.](#)

Webinar: *Depression Awareness and Treatment*

Learn to recognize the signs and symptoms—and the resources that can help—a person with depression and their loved ones.

[View the webinar here.](#)

Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

PHONE: 866-987-3705 | 401-429-2104



WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>

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