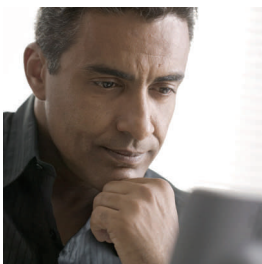
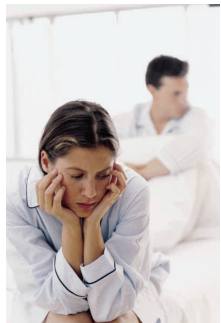


## Anxiety and depression can happen to anyone, at any age, at any time.



Are you at risk?

Do you have any of the following symptoms?

- Constant uncontrollable worrying
- Feeling blue, sad, or hopeless
- Sleeping problems, poor concentration
- Anxiety attacks, nervousness, or tension
- Feelings of intense anxiety in social situations
- Loss of pleasure
- Unexplainable aches, pains, or headaches
- Rituals and obsessions

Resources for further information:

National Institute of Mental Health.  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Mental Health Association.  
[www.nmha.org](http://www.nmha.org)

Anxiety and depression are medical illnesses affecting more than 35 million Americans each year. The symptoms are impairing and disruptive to individuals' lives. Don't let anxiety and depression disrupt your life any longer.

**Contact Workplace Solutions today for confidential assistance.**  
**Professional counselors are available 24/7 by calling 800-327-5071.**  
**A variety of educational and supportive resources are available online at**  
**[www.wseap.com](http://www.wseap.com).**

Sponsors of National Anxiety and Depression Awareness Week May 6-12; American Psychiatric Association, American Psychological Association, Anxiety Disorders Association of America, Beck Institute for Cognitive Therapy and Research, Depression and Bipolar Support Alliance, Employee Assistance Professionals Association, Families for Depression Awareness, Mental Health America, National Women's Health Resource Center, National Association of Psychiatric Health Systems, Obsessive Compulsive Foundation, and SPAN USA.