



Dealing with depression?

How LifeWorks Can Help

According to the Canadian Mental Health Association, more than three million Canadians will experience a major episode of depression at some point in their lives. Many of these episodes occur in the 20 to 40 age range – often a highly-productive phase of life – during which individuals may be trying to finish school, launch a career, or start a family. Only one in three people seek treatment for symptoms of depression, but the good news is that the success rate for treatment is high.

If a physician or counsellor has diagnosed you with depression, if you suspect that you may be depressed, or if you're concerned about a loved one, contact [LifeWorks](#), 24/7, to speak confidentially with a professional consultant. A consultant can provide guidance, resources, and referrals to help you identify the signs and symptoms of depression, and access appropriate support.

You can also log in any time to your program website to access the [Depression Centre](#), a confidential, online program developed by clinical and scientific experts, and featuring interactive tools, research-based support, and a 16-session cognitive behavioural therapy (CBT) program. You can also access a wealth of related resources:

- Depression
- Getting Help for Depression (podcast)
- How to Use the Employee Assistance Program
- How the EAP Can Help in a Crisis
- Are You Using Drugs or Alcohol to Cope With Depression or Anxiety?
- Dealing with Persistent Worry

Contact LifeWorks toll-free, 24/7: 1.877.207.8833

TTY: 1.877.371.9978

Online: login.lifeworks.com

(user id: OASSIS; password: eap).

The LifeWorks logo is written in a blue, cursive, handwritten-style font.