

Depression: Anger Turned Inward

Most people experience depression at some point in their lives. In fact, depression is the number one reason most people call their employee assistance program. Depression can range from minor feelings of sadness, hopelessness, and lethargy to a major-life threatening disorder. Some signs of depression include:

- Feelings of sadness, anxiety, or hopelessness;
- Insomnia;
- Low energy or fatigue;
- Feelings of restlessness or irritability;
- Inability to concentrate, remember, or make decisions;
- Frequent illnesses that don't respond to treatment;
- A change in appetite;
- Lack of interest or pleasure in activities that you usually enjoy; or
- Frequent thoughts of suicide or death.

Depression is often referred to as "anger turned inward." This phrase comes from the belief that when people hold their feelings in for too long without a healthy means of expression, it leads to depression. This is certainly one reason depressions can occur, but it does not appear to be the only reason.

Depression may also be triggered by grief, drinking alcohol or using drugs, having a major illness, going through a major life change such as divorce, taking certain medications, or having a baby. In fact, research on depression is not yet conclusive. Depression is most likely caused by a combination of factors including a physiological component. The physiological component may be linked to genetic factors and appears to involve the neurotransmitters in the brain. Additionally, depression has been linked to excessive amounts of stress.

Fortunately, there are many effective ways to treat depression for most people. A combined self-care and professional treatment approach, is often most effective considering many different variables can contribute this disorder. If you suspect that you or one of your family members is experiencing depression, don't hesitate to call The Holman Group at 1-800-321-2843 for confidential assistance. CCPOA has added Holman's counseling services for CCPOA Supervisory Members (SO6 & MO6) to make sure you and your family members can get the help you need regardless of how big or small the problem is. This new benefit includes a confidential employee assistance program, community referral, and legal and financial assistance. Counselors are available 24/7 to help. You don't need to suffer alone.

The Holman benefit also has a website available for your use. To access self-help tools on and managing your depression:

- ✓ Log on to www.holmangroup.com;
- ✓ Enter your user name: **holmangroup** and your password: **CCP2693**;
- ✓ Click on the Member tab, next
- ✓ Click on Health Improvement Programs, and
- ✓ Go to the program entitled In Charge of Depression. Here you will be able to take a self-test and enroll in Holman's In Charge of Depression program free of charge to you.

Remember, struggling alone is **OPTIONAL**
The Holman Group is here to help.
This is a 10 visit benefit per problem per year.