

Living Well Tip of the Week

Diagnosing depression in its early stage can help prevent lost work time and high cost associated with prolonged treatment.

(National Institute of Mental Health)



In the Workplace, Depression Often May Be Recognized By:

- ◆ Decreased productivity
- ◆ Absenteeism
- ◆ Morale problems
- ◆ Alcohol and drug abuse
- ◆ Lack of cooperation
- ◆ Safety problems, accidents
- ◆ Frequent complaints of being tired all the time
- ◆ Complaints of unexplained aches and pains

The UT Employee Assistance Program (EAP), a benefit of your University of Texas employment, which provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. For assistance, go to <http://www.livingwell.utsystem.edu/eap.htm>