

# Depression and anxiety

Access expert, professional support, at no cost to you.



We all go through ups and downs, feel sad, or worry about specific events from time to time. But life's normal range of experiences and occasional difficult feelings shouldn't be confused with serious, but treatable, medical illnesses known as mood and anxiety disorders. Here's some information about mood and anxiety disorders:

- **Depression** is a type of mood disorder that involves your body, mood, and thoughts. It's not the same as a passing case of the blues, nor is it a condition you can wish away. Symptoms can include feelings of worthlessness, helplessness, or hopelessness; loss of interest in things like hobbies or relationships; changes to appetite and sleep patterns; low energy; fatigue; guilt; poor concentration; difficulty making decisions.
- Individuals with **anxiety disorders** experience excessive anxiety, fear, or worry, causing them either to avoid situations that might cause anxiety or to develop rituals or behaviors to lessen that anxiety. Anxiety disorders -- of which there are a variety of types -- can interfere with relationships, school and work performance, social activities, and recreation.

If you believe you or someone you love may be struggling with a depressive or anxiety disorder, contact the EAP (Employee Assistance Program) any time, 24/7, to speak confidentially with a caring, professional consultant for support, information, and referrals. You can also log in any time to the EAP platform to access related articles and resources:

- [Depression Toolkit](#)
- [Mental Health Toolkit](#)
- [Suicide Prevention Toolkit](#)
- [Anxiety Disorders](#)
- [Dealing With Persistent Worry](#)
- [Getting Help for Depression Podcast](#)
- [Choosing a Counselor or Therapist](#)
- [How to Use the Employee Assistance Program \(EAP\)](#)
- [Are You Using Drugs or Alcohol to Cope?](#)
- [When Someone You Love is Depressed](#)

**Phone number:** 800.234.2939

**LifeWorks Platform:** [login.lifeworks.com](https://login.lifeworks.com) (user name: COSB password: LifeWorks)