

## You don't have to face depression alone

Depression is a family affair. It affects the person who has it and everyone around them. If you're living with a child, teen, partner or other loved one who's depressed, you'll need support, too. October's feature offers information on:

- Locating support groups for yourself or other family members.
- Finding respite care and other programs in your community.
- Dealing with special child care, education, and elder care concerns.

Your Employee Assistance Program (EAP) is here to help you and your family find support for whatever you're facing. Visit our website for information, tips and resources on a wide range of work and life topics.

**800-999-7222**  
**[anthemEAP.com](http://anthemEAP.com)**



This information is for general informational purposes only and all services may not be available with your EAP. Check with your employer for specific information on the EAP services available to you.

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