

LEARN TO LIVE BULLETIN

Your guide in wellness and mental health

Depression Awareness Month: Am I Feeling Down or is it Something More?

Have you ever wondered whether what you're experiencing is a rough patch, or something more? Knowing the difference is an important first step toward getting the right support when you need it.

We all experience sadness from time to time. Disappointments, stress, loss, and difficult life circumstances can leave us feeling down, unmotivated, or emotionally drained. While these feelings are a normal part of being human, depression is something different.

Depression is more than simply having a bad day or feeling sad after a difficult event. It often involves more persistent feelings of sadness, emptiness, hopelessness, or loss of interest in activities that once brought enjoyment. Those experiencing depression may notice lasting changes in sleep, appetite, energy levels, concentration, or motivation. Even simple tasks can begin to feel overwhelming.

Another common challenge with depression is that it can convince us that we are alone in our struggles. Many individuals hesitate to reach out because they can't see how others might be quietly carrying similar burdens, they worry others won't understand or judge them, or they believe they should be able to just "snap out of it." But Depression impacts millions of people each year - you're not alone and there is effective support available.

October is Depression Awareness Month, a time dedicated to increasing our understanding of how commonly depression occurs, how to recognize symptoms, and what we can do when we or a loved one is experiencing it. Depression can impact every area of life, including work, relationships, physical health, daily functioning, and so much more. For this reason, knowing what tools you have available to help monitor your mental health and addressing any concerns quickly when they arise can be extremely valuable for you and your loved ones.

For example, you can use Learn to Live's free and private assessment to evaluate your current risk of depression and other common mental health concerns in just a few minutes, with detailed results explaining how you're doing in each area and recommendations for any programs that might be worth considering. If you've never given this a try, it's easier and more private than you might think – just go to learntolive.com/partners and enter access code **MMHG** to check it out.

If your assessment results reveal some risk or concern that you'd like to address, you can join thousands of others using Learn to Live's online programs, coaching, and other resources conveniently at no cost to experience real and lasting improvement from your symptoms. Your free access is all-inclusive and even allows you to work with a dedicated coach (like a personal trainer for mental health) at no cost.

Get Started Today

If you ever find yourself wondering if what you're experiencing is just a rough patch or something more, you can look to Learn to Live for quick, reliable assessment as well as immediate and ongoing support available at no cost for you and your family members age 13 and older. Use the link and access code listed above to get started today.

