

## Your story matters



### Depression awareness

The World Health Organization estimates that 280 million people in the world have depression.<sup>1</sup> If left untreated, depression may affect all aspects of a person's life, including relationships with family, friends and community.

May is Mental Health Awareness Month. Each week we'll bring you resources that can help support your mental health and emotional well-being.

This week's resources can help you learn more about depression, ways to tell it apart from grief or sadness and how treatment can get you back to being yourself. If you or someone you know could be depressed, reach out. Help is available 24/7.

[View this week's resources](#)

### May is Mental Health Awareness Month

## Resources for Living®

**Every day is a mental health day. We're here 24/7 for you and your household members.**

**(888) 439-7327 (TTY: 711)**  
**Visit your member website**  
**Username: ladwp**  
**Password: eap**

### Find helpful approaches in your daily life to improve depression with Mind Companion Self-care

Learn ways to improve your mood, track your progress and build skills to combat depression at your own pace.

[Learn more](#)





# Your story matters

## Managing depression

Listen as Nieya shares her personal story about living with and managing depression.

[Listen to podcast](#)



## Understanding your depression

Learn about depression symptoms, causes and treatment.

[Read article](#)



## Let's talk: sadness vs depression?

Learn the difference between sadness and depression.

[Watch video](#)



## More than the blues: understanding depression

Depression is a serious mental health condition that can impact any area of life.

[Read article](#)

<sup>1</sup>**Depression fact sheet.** Available at: [who.int](http://who.int). Accessed March, 2024.

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2894963-25-01-RFL (3/24)