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
- Morale problems
- Lack of cooperation
- Frequent complaints of being tired all the time
- Absenteeism
- Alcohol and drug abuse
- Safety problems, accidents
- 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