

# October is Depression Awareness month.



Spooky season got you feeling scared about your future? Too down to take advantage of fun fall activities? When you're ready, we're here to support with confidential support 24/7/365.

Call 1-800-526-3485 for information and a confidential appointment.

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Solutions EAP provides *free, short-term, and confidential* counseling for employees and their families.

1-800-526-3485  
[www.solutions-eap.com](http://www.solutions-eap.com)

