

# Living Well Tip of the Week

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