



The 10th of October is World Mental Health Day.

Visit our new [microsite](#) to learn about nurturing mental wellness and cultivating compassion in the workplace.

Beyond sadness.

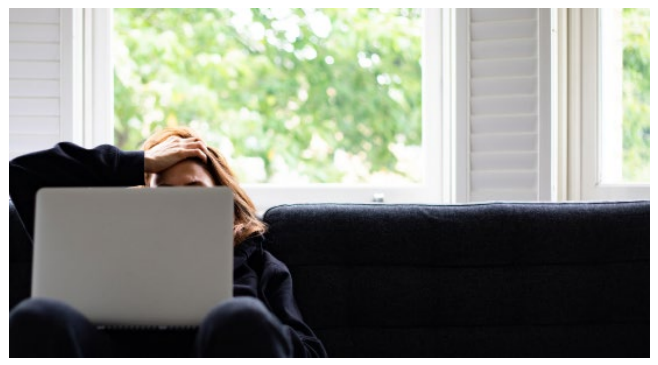
In this month’s newsletter, we are highlighting depression — one of the most common mental health concerns. Sadness is a natural human emotion brought on by life’s challenges or sorrowful events. But when the feelings persist, you may be experiencing depression. If it’s constant or overwhelming, it may be time to ask for help.



Are you struggling with depression?

Everyone occasionally feels sad or down, but these feelings usually pass. However, when a person is experiencing depression, the condition interferes with daily life.

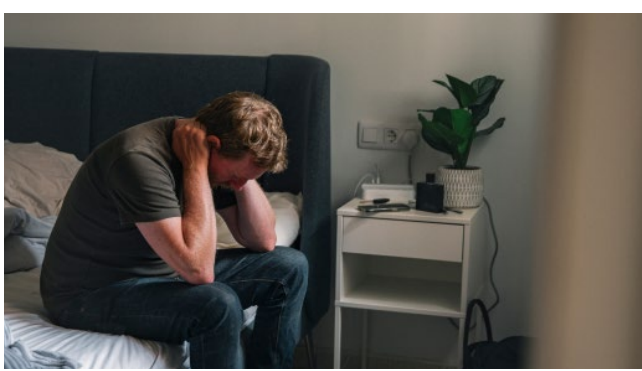
[Read more](#)



Assessing if you are depressed

Recognising the signs of depression is a good first step; the next step is finding a solution.

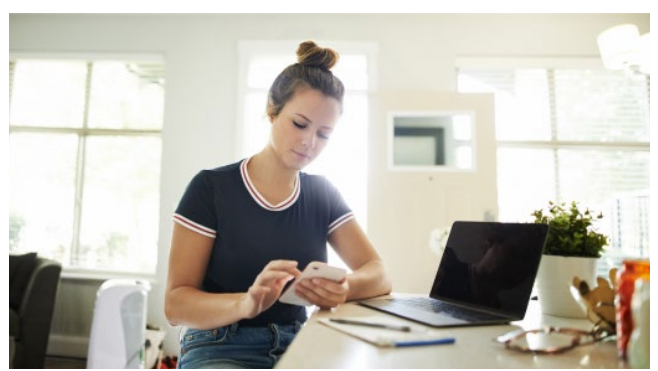
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Do you have symptoms of depression?

Depression is a common but serious mood disorder that can interfere with daily life. Its symptoms vary from one person to the next. Fortunately, depression is very treatable.

[Read more](#)



Making a referral to the assistance programme

People are often referred to their EAP if they are experiencing personal problems, to address workplace behaviours, or as a recommendation included in a performance improvement plan.

[Read more](#)



More to explore this month.

- Explore [Support & Resources](#) and discover helpful content like articles, videos, podcasts, and toolkits to help support your mental, physical, social and financial wellbeing.

We support your total wellbeing. We’re here 24/7 for confidential advice and support by app, web, and phone.

Your organisation’s programme may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.