



TAKE A QUIZ TO SEE IF
YOU MAY BE DEPRESSED

Use the QR code reader on your mobile
device to find more warning signs.

Come up for air

Life's challenges can feel overwhelming.
It's important to pay attention to your
mental health and emotional well-being.

Watch for warning signs that you may be over-stressed or feeling depressed:

- ✓ Difficulty sleeping
- ✓ A lack of appetite or over-eating
- ✓ Trouble concentrating
- ✓ Smoking, excessive drinking or
drug use
- ✓ Anxiety or irritability

If you feel your stress is out of control or think you might be depressed, speak to a professional counselor or your health care provider. They can help you decide if treatment or possible changes to your lifestyle habits can help.

Find more in the **health center** on umr.com



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