

# depression

Depression is a serious medical condition that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way we feel about ourselves, and the way we think about things.

A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely “pull themselves together” and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who have depression.

## Signs of Depression

- Depressed mood most of the day, nearly every day
- Loss of interest or pleasure in most activities
- Significant weight loss or gain
- Trouble going to sleep, staying asleep or sleeping too much
- Feeling agitated or jittery. Or feeling slow and sluggish.
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Problems with concentration or indecisiveness
- Thoughts of harming yourself

## Ask yourself two simple questions:

Over the last two weeks, how often have you been bothered by:

- Little interest or pleasure in doing things?
- Feeling down, depressed or hopeless?

**If you answer “yes” to either or both, contact the EAP or your personal doctor for further assessment.**

## Caterpillar’s Global Employee Assistance Program (EAP)

The EAP is available to all full and part time Caterpillar employees in the communities and languages where we work. For more information about Caterpillar’s Global EAP benefits visit [EAP.cat.com](http://EAP.cat.com).

To access EAP in North America, call **+1-866-228-0565** or **+1-309-820-3604**.

For web services and local EAP access information listed by country, visit [CaterpillarEAP.com](http://CaterpillarEAP.com).

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