

Feeling Blue?

Everyone feels down, "blue," or sad from time to time, but **depression** is a serious medical condition that can negatively impact one's work, social life, and health.

Recognize the Signs:

- Changes in mood and interpersonal relations
- Difficulty with coworkers or social withdrawal
- Loss of interest or effectiveness in daily activities
- Fatigue, changes in eating patterns, alcohol use
- Excessive absenteeism or tardiness
- Accidents and injuries
- Sudden or significant deterioration in performance
- Trouble making decisions
- Difficulty accepting constructive criticism or guidance

What We Can Do:

- Speak with someone you trust
- Talk to your doctor, who can evaluate and treat
- Talk to a trusted friend or family member.
- Speak with your company doctor/nurse
- See a private counselor or call the Employee Assistance Program (EAP)

For free, confidential support, contact Caterpillar's **Employee Assistance Program (EAP)**:

 **1-866-228-0565**

 **1-309-820-3604**

 **CaterpillarEAP.com**