

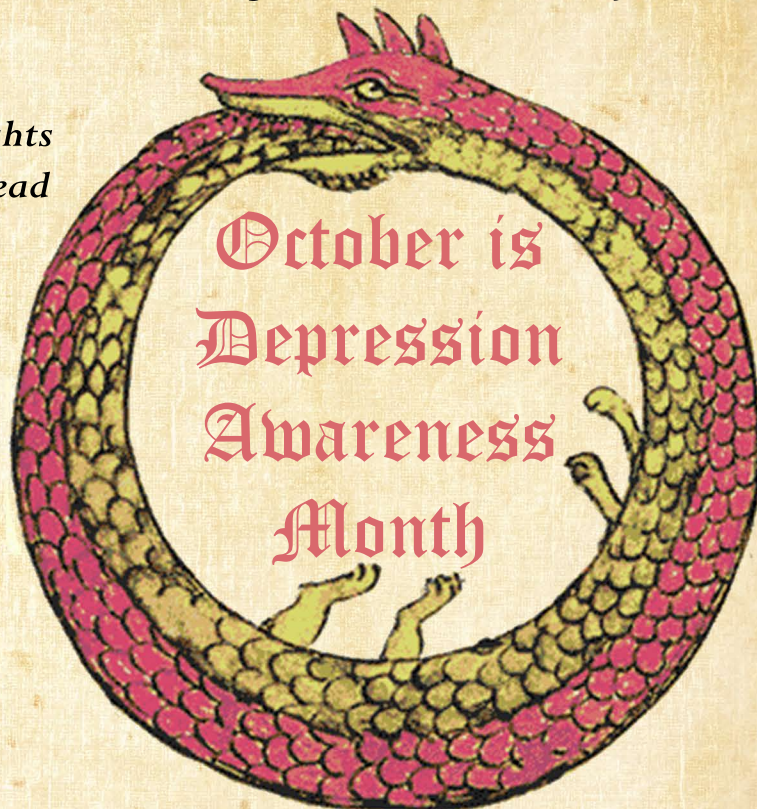
The Vicious Cycle Of Depression



Depression is one of the most common psychiatric disorders, affecting over ten percent of the population. Depression saps energy and motivation, and can usher in what is referred to in the mental health field as the "vicious cycle" of depression.

The down mood, negative thoughts and low energy of depression can lead to reduced social engagement.

Lacking the stimulation and distraction of normal social interaction, the individual is left more under the sway of his or her negative thoughts - about one's self, one's future, the world, one's likeability etc. - thus further deepening the withdrawal process.



Whatever the initial source of the depression may have been, this vicious cycle, if allowed to "set in", can turn a mild case of depression into a serious, significantly disabling one. This is why we at the EAP stress so much the early recognition and treatment of depression. The earlier help is given, the more likely it will be that the individual can counteract social withdrawal and avoid the establishment of the vicious cycle.

Please join us in supporting efforts to destigmatize depression and encourage its early recognition and treatment. If you are seeing the early signs of depression in yourself or have a friend or loved one who you fear may be liable to fall into the "vicious cycle" of depression, call your Employee Assistance Program.

1-800-451-1834