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General Page

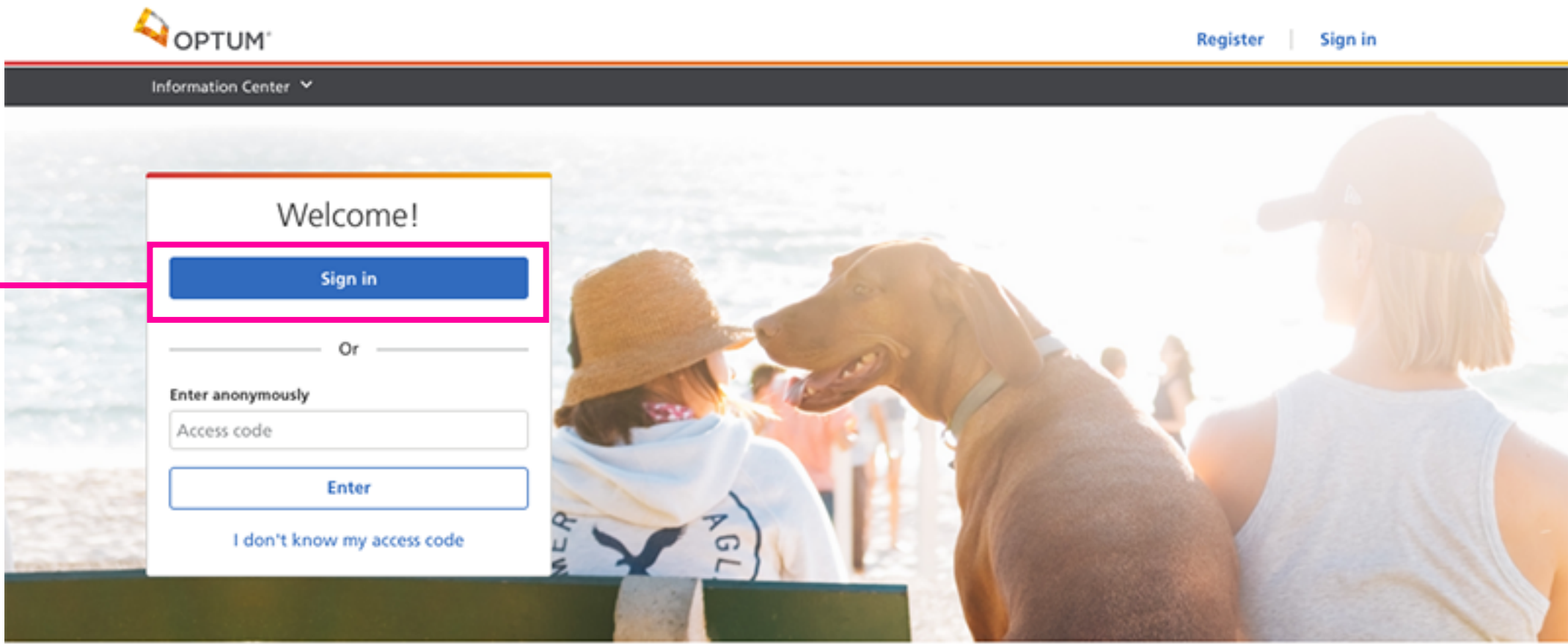
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Public homepage

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SIGN IN

member-home.html



Your well-being is what matters most.

Powerful health resources, personalized support services. Live and Work Well is here to help you and those you care about find the balance, support and care you need to live the healthiest life possible.



Get informed

With access to the latest news, events and library of expert articles and advice, you can get up to speed on today's hot health topics to learn about conditions and issues that may be affecting your life.

Take Action

Explore a wealth of self-help services, interactive tools and action-oriented advice to help you take steps toward feeling healthier, happier, and more in control of your career, your finances and your well-being.

[Watch video](#)

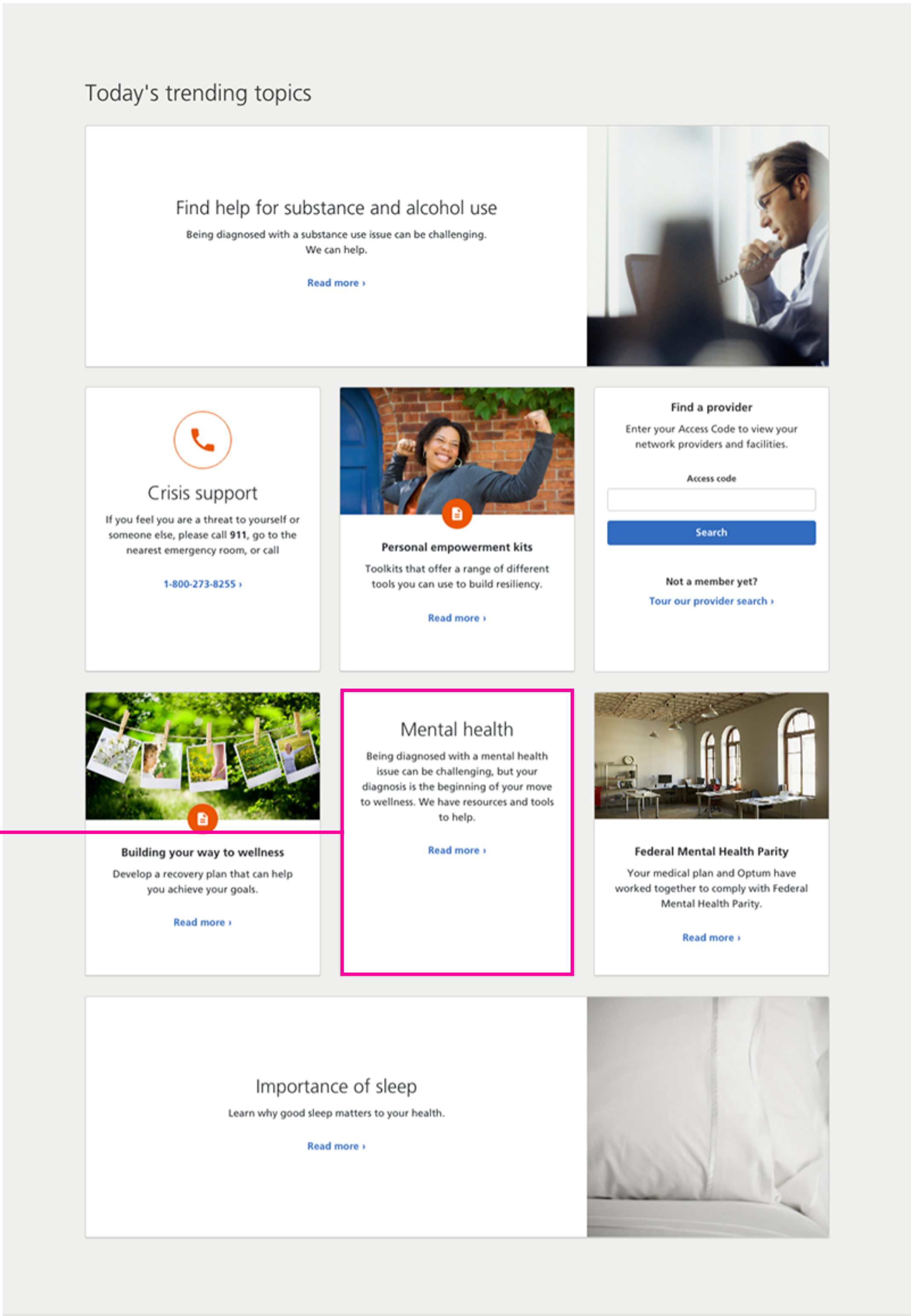


Seek Services

The help you need is here. Find a provider, discover community and work-life resources near you, and quickly and confidentially connect to expert guidance regarding conditions and situations that concern you.

TOPIC HUB PAGE

topic-hub.html



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Member homepage

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HOME

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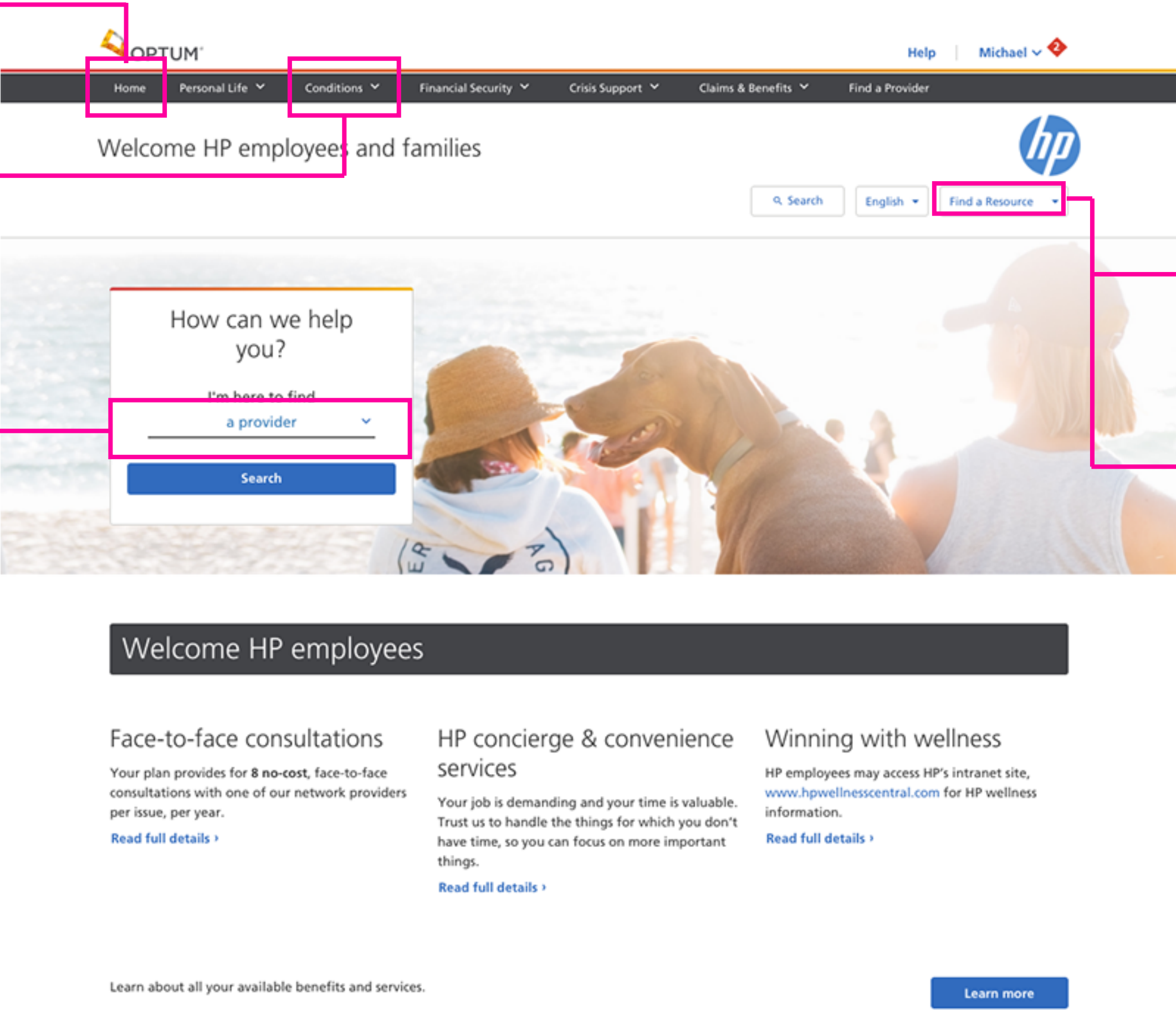
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category-hub.html

SEARCH RESULTS PAGE

Select “advice and information”, Search

results-listing.html



CHILDCARE SEARCH FORM

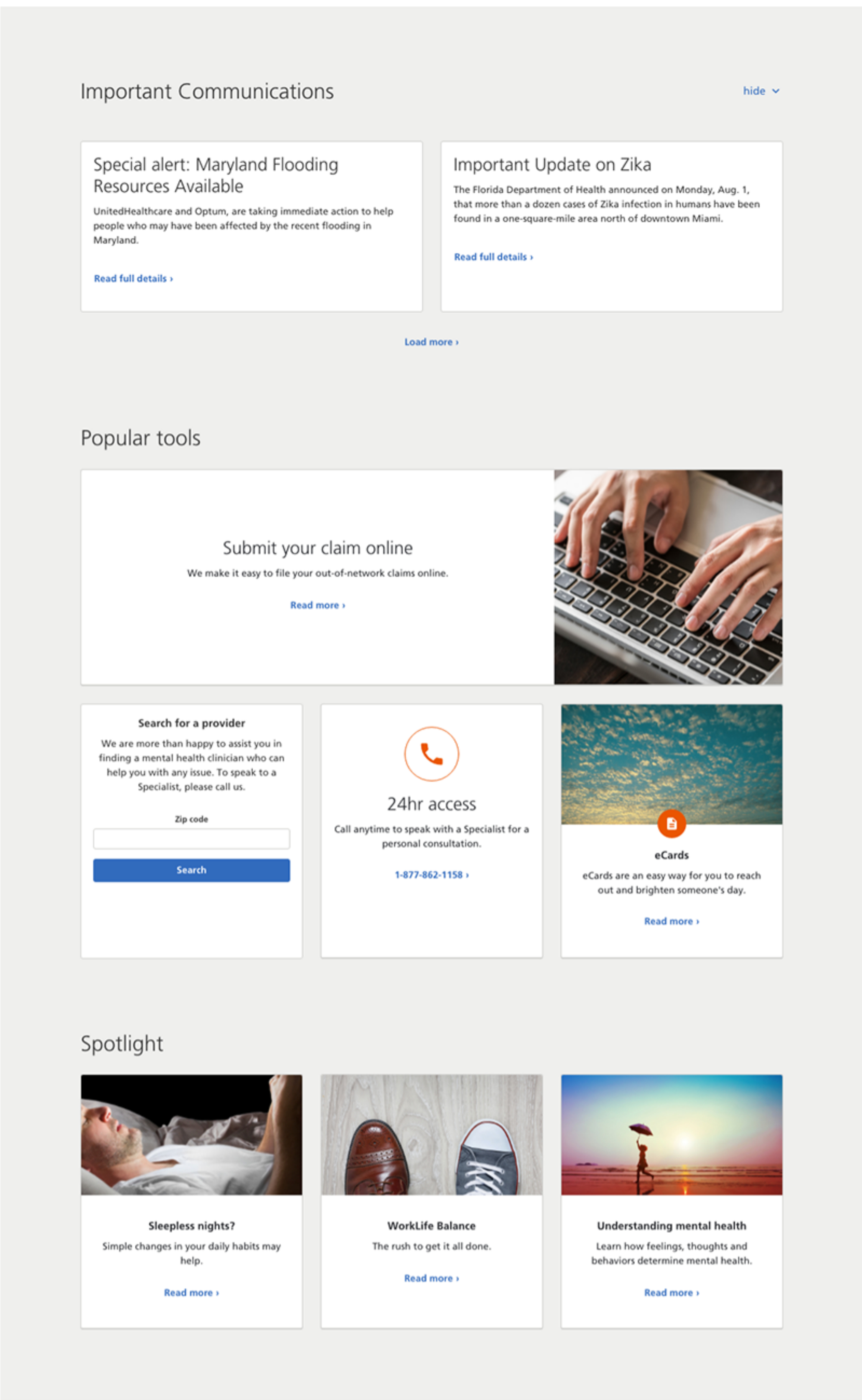
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childcare-search-form.html

MULTI-STEP FORM

Select “Form” in dropdown

multi-step-form.html



RESOURCE PAGE

resource.html

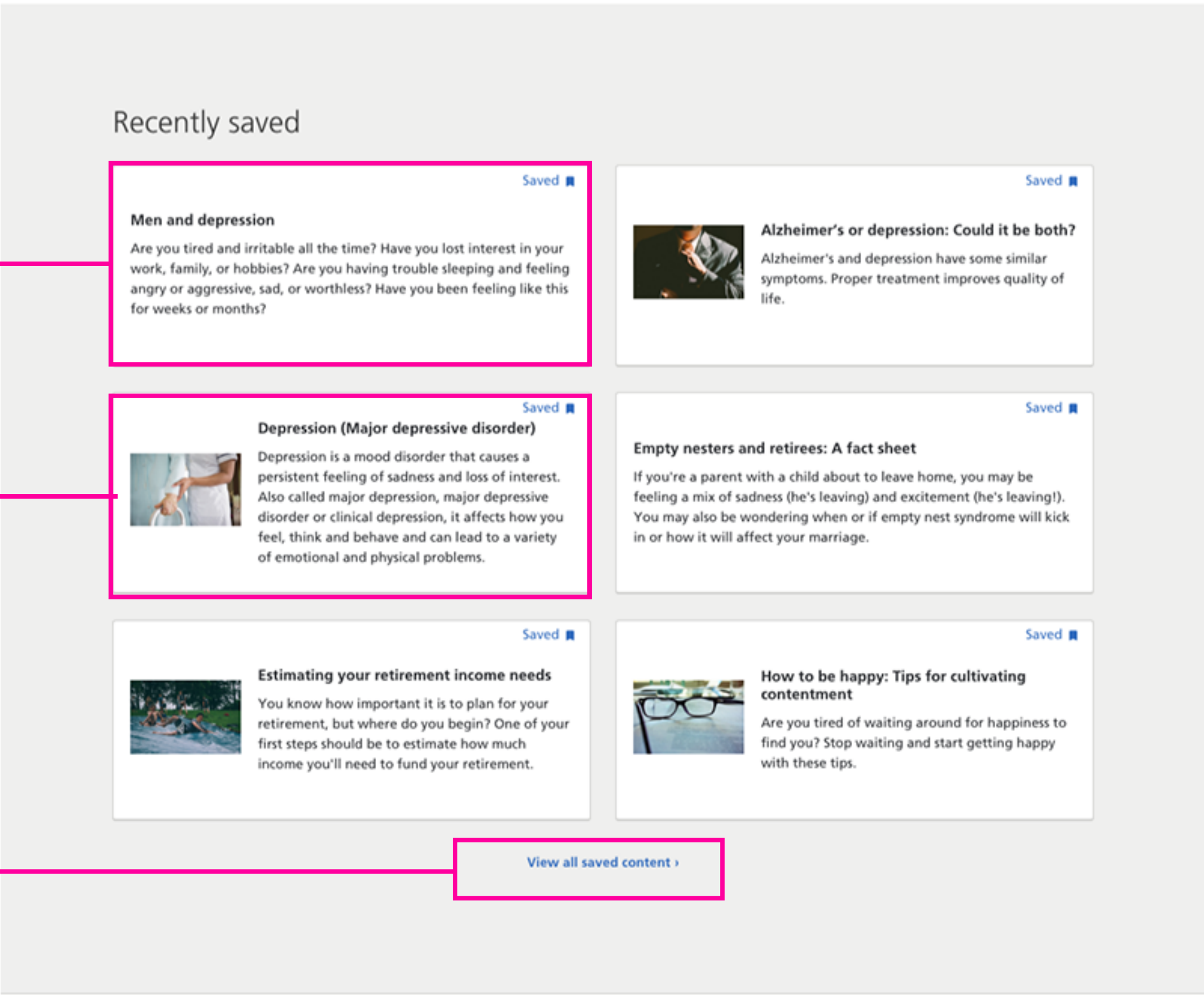
SUB-TOPIC PAGE

sub-topic-hub.html

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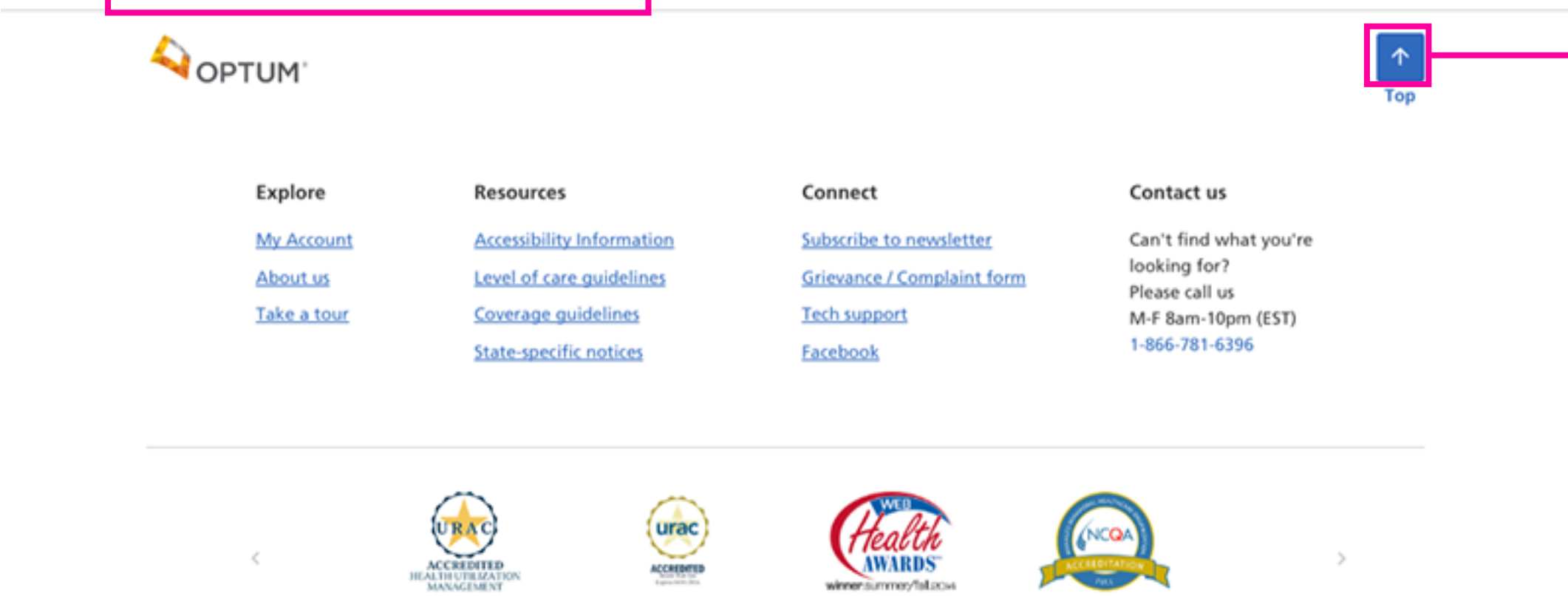
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Category hub page

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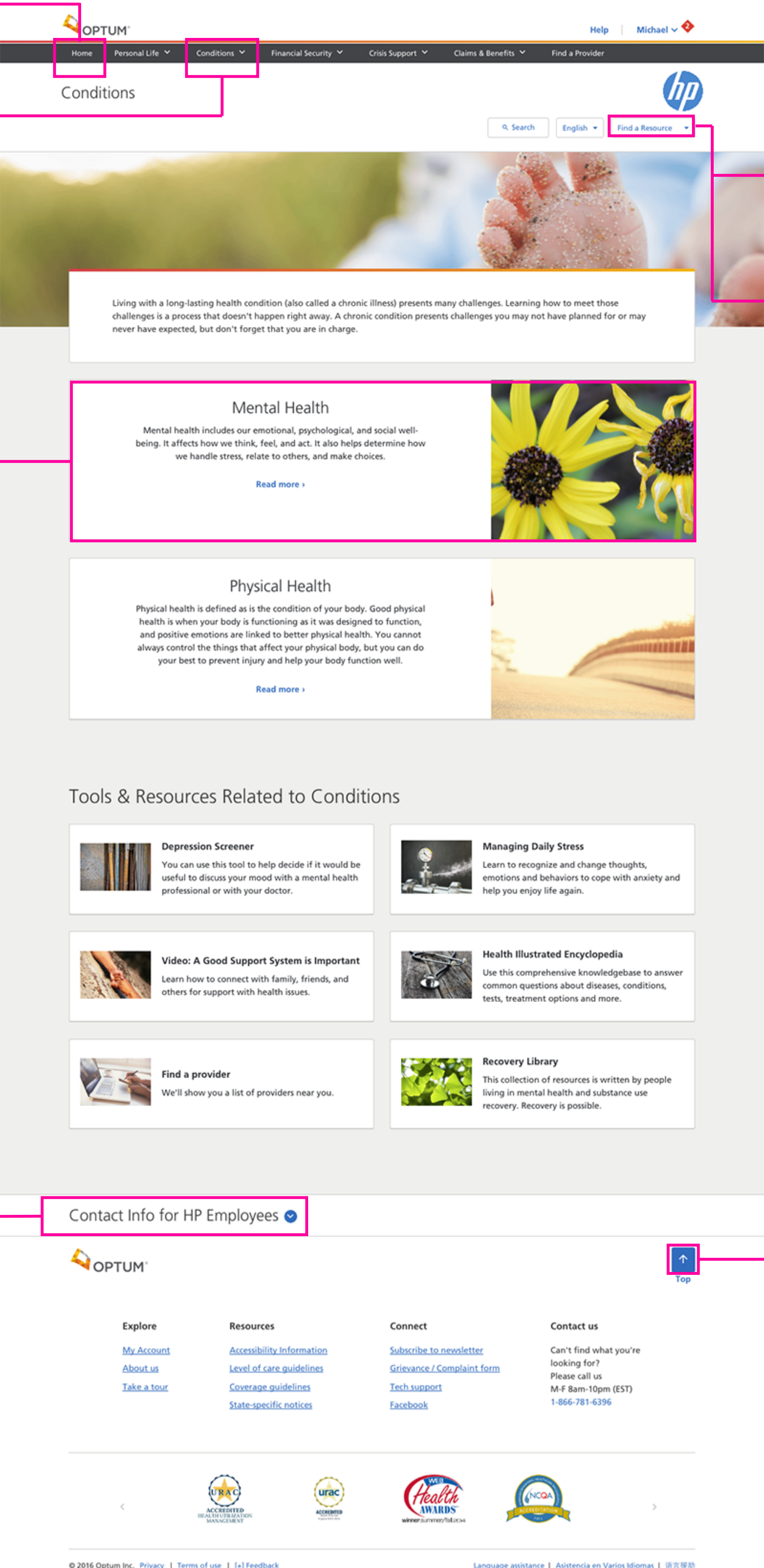
TOPIC HUB PAGE

Select Mental Health Tile

[topic-hub.html](#)

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Select "Childcare" in dropdown

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SUB-TOPIC HUB PAGE

Select Depression Tile

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Mental Health

[English](#)
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A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.

Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a recovery role.

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Biochemical processes and circuits and basic brain structure may play a role, too.

How can we help you?

Find [support](#) for [dealing with a crisis](#)

[Refine search by keyword](#)

ADHD

Attention deficit hyperactivity disorder (ADHD) is a developmental disorder where there are significant problems with attention, hyperactivity or acting impulsively.

[Read more >](#)

Alzheimers & Dementia

Alzheimer's Disease is the most common cause of dementia in older people. Alzheimer's affects the parts of the brain that control thought, memory, and language.

[Read more >](#)

Anger Management

Anger is a very powerful emotion that can stem from feelings of frustration, hurt, annoyance, or disappointment. It is a normal human emotion that can range from slight irritation to strong rage.

[Read more >](#)

Anxiety

Everyone experiences anxiety sometimes, but when it becomes overwhelming and repeatedly impacts a person's life, it may be an anxiety disorder.

[Read more >](#)

Autism

As a group, children and adults with autism spectrum disorder have a higher rate of psychiatric disorders. Research suggests that autism shares a genetic basis with several major psychiatric disorders.

[Read more >](#)

Bipolar Disorder

Bipolar disorder is a chronic mental illness that causes dramatic shifts in a person's mood, energy and ability to think clearly. People with bipolar have high and low moods, known as mania and depression.

[Read more >](#)

Depression

Depression is more than just feeling sad or going through a rough patch; it's a serious mental health condition that requires understanding and treatment.

[Read more >](#)

Eating Disorders

When you become so preoccupied with food and weight issues that you find it hard to focus on other aspects of your life, it may be a sign of an eating disorder.

[Read more >](#)

Grief & Loss

Loss is one of life's most stressful events. It takes time to heal, and everyone responds differently. We may need help to cope with the changes in our lives.

[Read more >](#)

Obsessions & Compulsions

Obsessive-compulsive disorder causes repetitive, unwanted, intrusive thoughts (obsessions) and irrational, excessive urges to do certain actions (compulsions).

[Read more >](#)

Personality Disorders

Personality disorders are a group of mental illnesses. They involve long-term patterns of thoughts and behaviors that are unhealthy and inflexible. The behaviors cause serious problems with relationships and work.

[Read more >](#)

Phobias

A phobia is an extreme form of fear or anxiety triggered by a particular situation (such as going outside) or object (such as spiders), even when there is no danger.

[Read more >](#)

Post-Partum Depression

Postpartum depression is a mood disorder that can affect women after childbirth. Mothers with postpartum depression experience feelings of extreme sadness, anxiety, and exhaustion that make it difficult for them to complete daily care activities for themselves or for others.

[Read more >](#)

Post-Traumatic Stress Disorder

PTSD is the result of traumatic events, such as military combat, assault, an accident or a natural disaster.

[Read more >](#)

Schizophrenia

Schizophrenia causes people to lose touch with reality, often in the form of hallucinations, delusions and extremely disordered thinking and behavior.

[Read more >](#)

Sexual Issues

Sexual dysfunction is prevalent among psychiatric patients and may be related to both the psychopathology and the pharmacotherapy. The negative symptoms of schizophrenia limit the capability for interpersonal and sexual relationships.

[Read more >](#)

Stress

Over time, continued strain on your body from routine stress may lead to serious health problems, such as heart disease, high blood pressure, diabetes, depression, anxiety disorder, and other illnesses.

[Read more >](#)

Substance Use Disorder

By far the most common issue connecting mental illness and substance abuse is the intention of patients to medicate the mental health symptoms that they find disruptive or uncomfortable by using alcohol and drugs.

[Read more >](#)

Recommended Resources

Depression Screener

You can use this tool to help decide if it would be useful to discuss your mood with a mental health professional or with your doctor.

Video: A Good Support System is Important

Learn how to connect with family, friends, and others for support with health issues.

Find a provider

We'll show you a list of providers near you.

Videos

- **Changing Negative Thoughts**
Learn how to train your brain to work for you, not against you.
- **Tips for Finding a Therapist**
Learn how you can find the right professional to meet your needs.
- **A Good Support System is Important**
Learn how to connect with family, friends, and others for support with health issues.

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Select "Men and Depression"

resource.html

RESOURCE PAGE

Select "Men and Depression"

resource.html

TOPIC HUB PAGE

Select Depression Title

topic-hub.html

CONTACT INFO

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RESOURCE PAGE

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HelpMichael

Depression

hp

SearchEnglishFind a Resource

Depression is a common and successfully treatable disease in adults and the elderly. Persistent feelings of sadness, emptiness, or loss of interest or pleasure are common symptoms. Use our resources below to help screen for depression and see a clinician for diagnosis, therapy and/or medication. Professional care and support groups can help yourself or a loved one beat depression.

Subtopics

Depression in childrenSeasonal Affective DisorderPostpartum depression

All subtopics

Learn

Depression

1. Men and Depression

2. Steps to Leading Longer, Better Lives

3. About Asperger Syndrome

4. Addictive Substances

5. Alzheimer's or Depression: Could it be Both?

6. Antidepressant Medication for Children and Adolescents

7. Atypical Depression

8. Bipolar Disorder

9. Bipolar Disorder: What You Need To Know To Help Yourself and Your Loved Ones

Start guide

Related guides

Depression & Bipolar Support Alliance (DBSA)

Depression Helpline

Healthfinder — Suicide Prevention

MedlinePlus — Depression

MedlinePlus — Postpartum Depression

Military Pathways Screening Program

Top articles

Depression in Women

Depression can be a serious illness that afflicts anyone regardless of age, gender, race, ethnicity or social status and should be treated immediately. Women are nearly twice as likely as men to be diagnosed with a depressive disorder.

Depression (Major Depressive Disorder)

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depression, major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.

Men and Depression

Both men and women get depression. But men can experience it differently than women. Men may be more likely to feel very tired and irritable, and lose interest in their work, family, or hobbies.

View all depression articles

Latest news

May 26, 2016

Health tip: work through chronic pain

Chronic pain can significantly affect your quality of life, physical health and mental health.

May 26, 2016

Stress may take greatest toll on younger women's hearts

Female heart disease patients under 50 were 4 times more likely than male peers to show effects, study found.

May 26, 2016

Senior years may truly be golden for happiness

Researchers find people get less stressed and are more content as they age.

View all news articles

Depression Resources

Courses

Moving Through Depression

Learn to recognize and change thoughts, emotions and behaviors to cope with depression and help you enjoy life again.

Calming Anxiety

Learn to manage anxiety, challenge anxious thoughts and feel better.

Managing Daily Stress

Learn to manage stress and bring balance into your life.

View all courses

Videos

A Good Support System is Important

Learn how to connect with family, friends and others for support with health issues.

Anxiety Treatment Options

Learn about different treatment options for anxiety and how they can help.

Changing Negative Thoughts

Learn how to train your brain to work for you, not against you.

View all videos

Worksheets and documents

Action Plan for Prevention and Recovery — SAMHSA Tool

Information on how to create a wellness and recovery action plan.

Family Recovery and Resiliency Tools

There are many things you can do to support your loved one and maintain your well-being. You can explore these tools and see what works best for you in your journey to well-being.

Whole Health Tracker — Part One: Introduction and First Week


This PDF version of the Whole Health Tracker allows users to print this guide and use it to support mental and behavioral health. Note that this version only provides the introductory information and the first week.

Whole Health Tracker — Part Two: Additional Weeks

This is the second part of the Whole Health Tracker PDF. This document only offers the pages for weeks 2-8 for journaling.

View all worksheets and documents

Get Help From Others



External resources & helpful tools

American Foundation for Suicide Prevention (AFSP)

AFSP offers resources for people who are struggling and grieving and for those who may be worried about someone.

Clinician Search

Search for clinicians and facilities in your area. Narrow your search based on clinician type, gender, language and area of expertise.

Depression & Bipolar Support Alliance (DBSA)

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Find resources and a support group near you.

View all external resources

Find a provider

We are more than happy to assist you in finding a mental health clinician who can help you with any issue. To speak to a Specialist, please call us.

Zip code

Start search


Employee benefits available to you

8-Session EAP

Your plan provides for 8 no-cost, face-to-face consultations with one of our network providers per issue, per year.

Read full article


Related articles



Atypical Depression

If you have atypical depression, certain key signs and symptoms tend to occur. These include increased hunger, weight gain, sleeping a lot, feeling that your arms and legs are heavy, and difficulty maintaining relationships.


Read more



Women and Depression: Discovering Hope

When a woman has a depressive disorder, it interferes with daily life and normal functioning, and causes pain for both the woman with the disorder and those who care about her.


Read more



Depression (Major Depressive Disorder)

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depression, major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.

Read more



Male Depression: Understanding the issues

Male depression is a serious medical condition, but many men try to ignore it or refuse treatment. Learn the signs and symptoms — and what to do.

Read more

Related topics

AnxietyGrief & Loss

StressRecovery

Substance Use Disorder

Bipolar Disorder

Suicide Prevention

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Male Depression: Understanding the Issues

by: ©2016 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. August 28, 2015

ShareSavePrint

Male depression is a serious medical condition, but many men try to ignore it or refuse treatment. Learn the signs and symptoms — and what to do.

Do you feel irritable, isolated or withdrawn? Do you find yourself working all the time? Drinking too much? These unhealthy coping strategies may be clues that you have male depression.

Depression can affect men differently than it does women. When depression occurs in men, it may be masked by unhealthy coping behavior. For a number of reasons, male depression often goes undiagnosed and can have devastating consequences when it goes untreated. But male depression usually gets better with treatment.

< Depression in Women

Support Groups >

Tags

Depression

Mental Health

Anxiety

Sadness

Suicide

You might also be interested in these:

Depression Screener

You can use this tool to help decide if it would be useful to discuss your mood with a mental health professional or with your doctor.

Read more >

Depression: Rating your mood

Learn how tracking your mood can help you manage depression.

Read more >

Find a provider

We'll show you a list of providers near you.

Zip code

Area of expertise

Abuse

Search providers

Moving Through Depression

Learn to recognize and change thoughts, emotions and behaviors to cope with depression and help you enjoy life again.

Read more >

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Your Employee Assistance Program (EAP) is here to help you — and your family — get the most out of life. We're ready to help with the small questions and the big problems, and everything in-between, such as:

1. Managing stress
2. Improving relationships at home or work
3. Addressing legal and financial concerns
4. Getting the most out of your career
5. Finding child development, childcare or elder care resources
6. Getting past emotional issues or grief
7. Addressing depression, anxiety or substance use issues

This service is confidential and our EAP Specialists are available 24/7. They can provide you immediate help or direct you to one of our network for providers for a no-cost, face-to-face consultation*.

My Available Benefits

1. Behavioral Health Coverage

2. Work/Life Services

3. Employee Assistance Program

4. Legal & Financial Services

5. Other Benefit Information

5. Client Custom Offering

Tags

Depression

Mental Health

Anxiety

Sadness

Suicide

< Work/Life Services

Legal & Financial Services >

24hr access

Call anytime to speak with a Specialist for a personal consultation.

1-877-862-1158

Face-to-Face Consultations

Your plan provides for 8 no-cost, face-to-face consultations with one of our network providers per issue, per year.

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meQuilibrium

Beat stress with free digital coaching based on the science of resilience.

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Who is eligible

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Dependent children

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Student

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Spouse / domestic partner

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Household members

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Disabled employee (member)

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SINGLE STEP FORM

Select “Child Mania Screener Form”

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MULTI-STEP FORM

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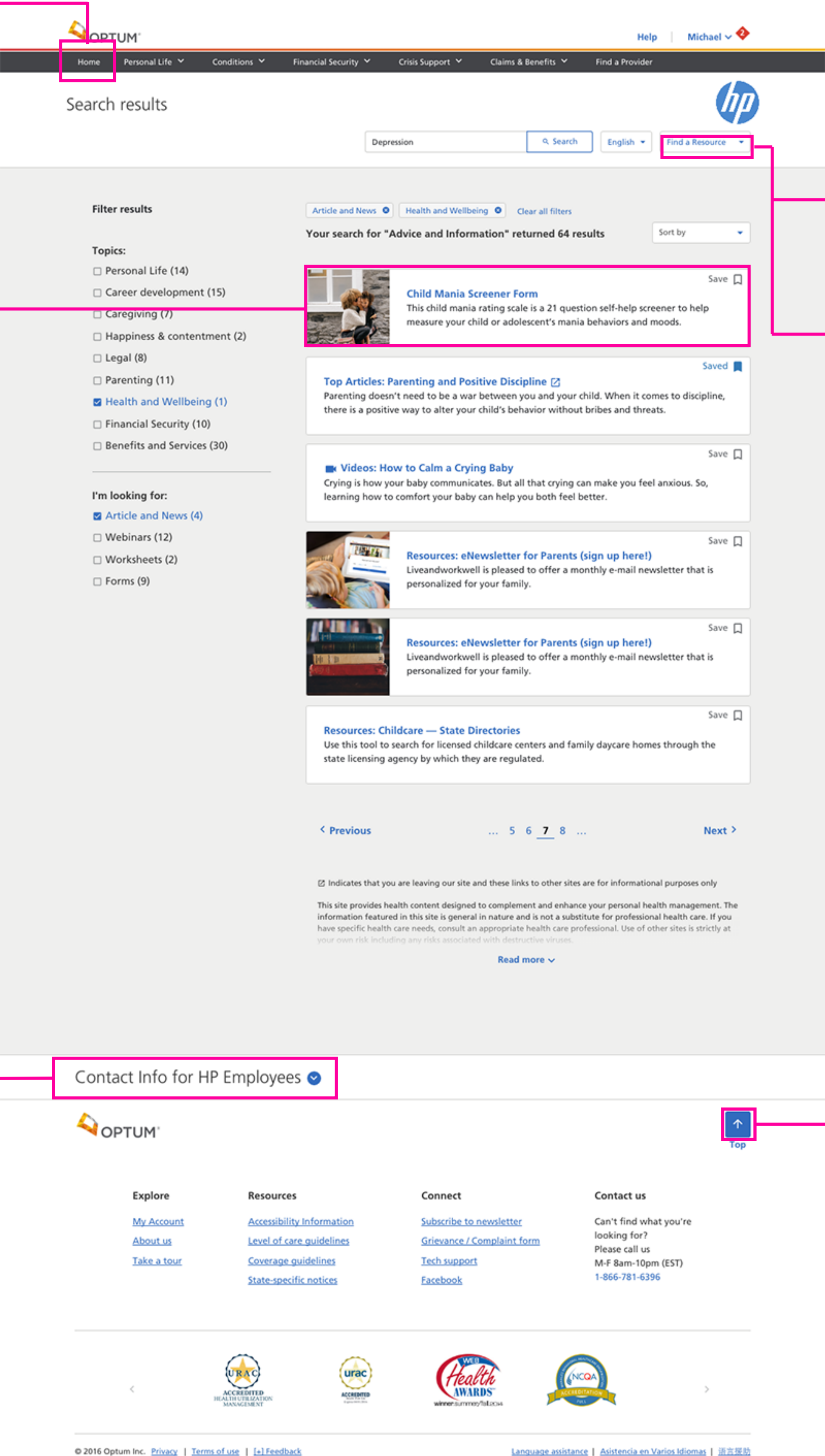
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SINGLE STEP FORM

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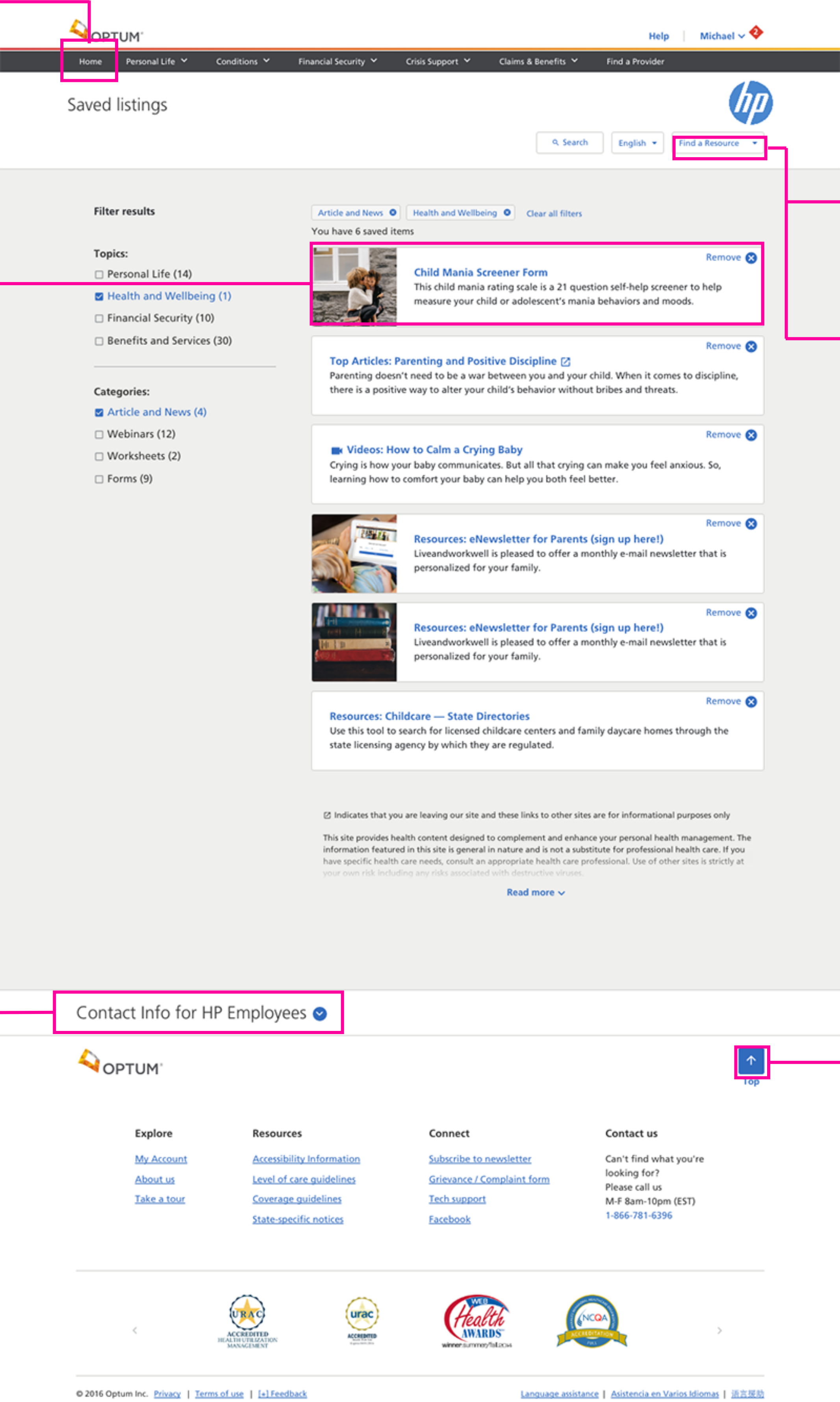
CHILDCARE SEARCH FORM

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Child mania screener

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This child mania rating scale is a 21 question self-help screener to help measure your child or adolescent's mania behaviors and moods. This tool can be used to assess if your loved one is currently experiencing signs or symptoms of mania or hypomania.

It is important to understand that this screener is only an indicator tool and should not be used as a medical diagnosis. If you feel your child or adolescent is currently experiencing mania or is overwhelmed by his/her symptoms, speak with your physician or contact a qualified mental health clinician for assistance. Your ratings and the results from this screener are for your private use. They are not monitored, nor do they become part of your medical record.

The following questions concern your child's mood and behavior in the past month. Please click the appropriate circle for each item. Please consider it a problem if it is causing trouble and is beyond what is normal for your child's age. Otherwise, check "rare or never" if the behavior is not causing trouble.

All fields are required unless indicated as optional

Does your child:

1. Have periods of feeling super happy for hours or days at a time, extremely wound up and excited, such as feeling "on top of the world"?

Never / rarely

Sometimes

Often

Very often

2. Feel irritable, cranky, or mad for hours or days at a time?

Never / rarely

Sometimes

Often

Very often

3. Think that he or she can be anything or do anything (e.g., leader, best basketball player, rap singer, millionaire, princess) beyond what is usual for that age?

Never / rarely

Sometimes

Often

Very often

4. Believe that he or she has unrealistic abilities or powers that are unusual, and may try to act upon them, which causes trouble?

Never / rarely

Sometimes

Often

Very often

5. Need less sleep than usual; yet does not feel tired the next day?

Never / rarely

Sometimes

Often

Very often

6. Have periods of too much energy?

Never / rarely

Sometimes

Often

Very often

7. Have periods when she or he talks too much or too loud or talks a mile-a-minute?

Never / rarely

Sometimes

Often

Very often

8. Have periods of racing thoughts that his or her mind cannot slow down, and it seems that your child's mouth cannot keep up with his or her mind?

Never / rarely

Sometimes

Often

Very often

0 of 8 question(s) answered

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Who needs help?

2

What do you need help with?

3

Additional information

4

Review & Submit

I am looking for help for my

(required)

Please select an option ▾

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All fields are required unless indicated as optional

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Middle initial

Last name

Birthdate

mm/dd/yyyy

Member ID

Email

Phone number

Address 1

Address 2 (optional)

City

State

Zip

☐ Remember my information (optional)

Question

☐ True ☐ False

Hours available

Select

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