



Health Topic Emails

DEPRESSION SCREENING

How to use this email:

Copy and paste this content into an email and share these resources to help your employees fight back against depression.

Subject Line

Depression screening can help anyone

Headline

Fight back against depression

Body

Depression is common and affects people of all ages. Sometimes, people don't even know they are depressed, so it's recommended for everyone to [get screened for depression](#).

Here are some tips to help you identify and treat depression:

- **Screening is often part of a routine checkup.** If you think you may be depressed, you can [use an anonymous online self-check tool](#) and share your results with your doctor to discuss your options.
- **Depression is treatable,** and it's normal to explore care options to figure out what works best for you. Some people can ease symptoms with meditation, exercise, or self-care practices, while others may need more support.
- **Talking is the first step.** It can be hard to tell others about how depression feels, because it is different for everyone. But the sooner you start a conversation, the quicker you can be on a path to feeling better.

Your mental health is as important as your physical health. [Check out these tips and resources](#) to learn more.

If you think you or someone you're caring for is having a medical or psychiatric emergency, call 911.