Elora Kelsh Internal Comms Example: Oct. 2024 Roseburg/ Lyra Campaign - Depression Education + Awareness
(Intranet/Sharepoint Article)



October is Depression Education and Awareness Month

Contrary to popular belief, depression is not a weakness, a choice, or a result of being overly emotional. But it does warrant support and compassion from others.

Talking about depression may not feel comfortable, but depression is common and treatable; around 80-90 percent of people who are treated for depression get better.

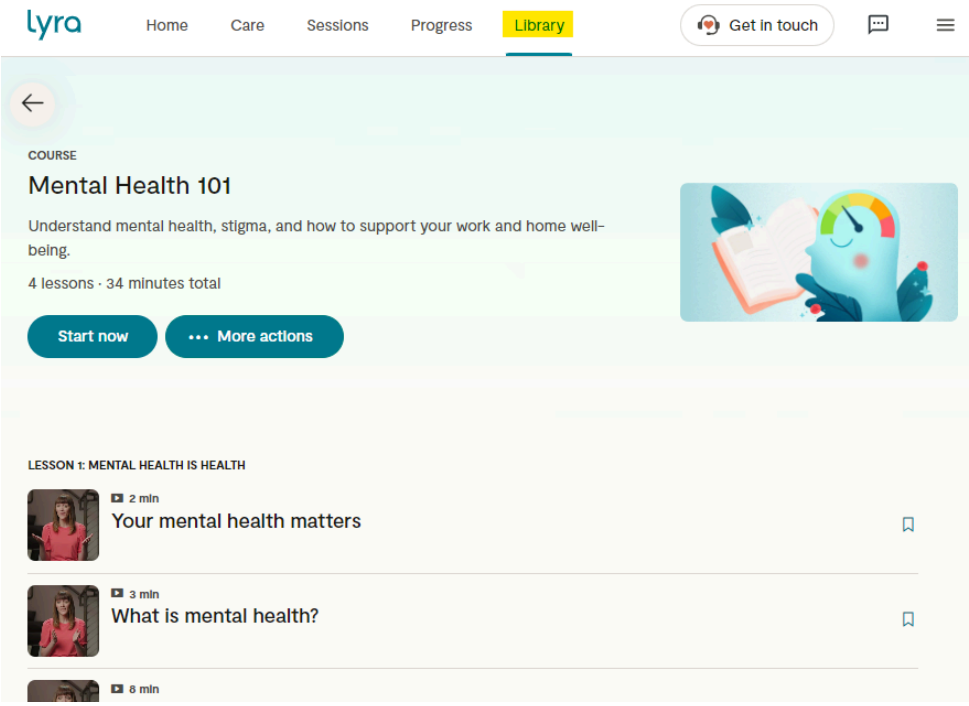
Common symptoms of depression usually include:

- Feeling sad most of the day
- Not enjoying typically pleasurable activities
- Changes in appetite or weight
- Sleeping much more or less than usual
- Fatigue or loss of energy
- Sense of worthlessness or guilt
- Feeling physically slowed down or agitated
- Trouble concentrating or making decisions
- Thoughts about death or suicide

In support of Depression Education and Awareness Month, our mental health provider **Lyra Health** has shared a guide to understanding depression, with helpful information for recognizing signs of depression and untangling confusing aspects that may look like symptoms of anxiety or other stressors. Additionally, this blog article describes how to cope with depression at work.

Other offerings from Lyra related to depression can be found in the Lyra Essentials “Library”:

- An interactive meditation “Finding Balance in the Present,” and
- Mental Health 101, an eLearning adaptation of Lyra’s workshop content. This can be found in the “Courses” section also under the Library tab.



Remember that help is available, and you don't have to face it alone. If you'd like the help of a specialist who can offer confidential support for you or a loved one experiencing depression or anxiety, get started with Lyra today at roseburg.lyrahealth.com.

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