

Health & Wellness Tip of the Week

Week 40 October 1, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation
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Should I Get Screened for Depression? Know the Signs

If you or someone close to you is having signs of depression, call your doctor or local mental health center for care or help. If you or someone you know is wanting to die, call the National Suicide Prevention Lifeline at 800-273-8255 right away.

Signs to look for:

- A sad, nervous or "empty" mood that doesn't go away
- Sleeping too little, early morning waking up or sleeping too much
- Reduced hunger and weight loss or greater hunger and weight gain
- Not wanting to do things that were once enjoyed
- Unrest or bad temper
- Trouble focusing, making choices or recalling things
- Feeling worn out
- Thoughts of death or suicide

Source: National Alliance on Mental Illness

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