

# Mission In Motion

Health & Wellness  
Tip of the Week  
Week 29



July 15, 2013

An occasional bout with the "blues" is normal, but if you've been feeling down, hopeless or stressed for a couple of weeks or more, you might have depression. A depression screening can help you get appropriate treatment—talking with your physician is a good place start. Just because life has its ups and downs doesn't mean that you have to. If you think you're depressed, seek help and treatment right away.

*Source: Mayo Clinic Online Resources*

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