



# Don't let depression stand in your way

Depression is a serious medical condition that can affect a person's emotional and physical health and causes a constant feeling of sadness and loss of interest. Don't let depression or any mental illness get you down. Contact your program today.

**Call today or log on to  
[www.EAP4YOU.com](http://www.EAP4YOU.com).**

USPS EMPLOYEE ASSISTANCE PROGRAM  
***A Program You Can Trust***



**800-327-4968**

(800-EAP-4-YOU) TTY: 877-492-7341  
[www.EAP4YOU.com](http://www.EAP4YOU.com)

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