

AN UNWANTED GIFT: “HOLIDAY BLUES”

The “holiday blues” are very common but don’t let them spiral into depression. Depression affects more than 20 million Americans each year¹ and is the leading cause of disability in the United States.² It’s a serious illness that needs immediate treatment.

Log on to MyGreatWest.com to find a health care provider who can help. You can also call one of the organizations below to find free resources:

- Mental Health America 1-800-273-TALK
- National Depressive and Manic Depressive Association 1-800-82-NDMDA
- National Alliance on Mental Illness 1-800-950-NAMI
- Depression and Bipolar Support Alliance 1-800-826-3632
- The National Institute of Mental Health 1-800-421-4211



¹ National Institute of Mental Health, “*Depression: A Treatable Illness*,” December, 2004

² World Health Organization, “*World Health Report*,” 2001

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