

# AN UNWANTED GIFT: “HOLIDAY BLUES”



During the holidays it's easy to go from jolly to melancholy, as the season can also bring stress and financial worries.

But don't let your “holiday blues” spiral into depression. Depression affects more than 20 million Americans each year<sup>1</sup> and is the leading cause of disability in the United States.<sup>2</sup> It's a serious illness that needs immediate treatment.

Log on to [MyGreatWest.com](http://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

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

<sup>2</sup> World Health Organization, “*World Health Report*,” 2001

IT'S YOUR HEALTH, STAY IN THE DRIVER'S SEAT.®



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