



TAKE A QUIZ TO SEE IF  
YOU MAY BE DEPRESSED

*Use the QR code reader on your mobile  
device to find more warning signs.*

# Come up for air

Life's challenges can feel overwhelming.  
It's important to pay attention to your  
mental health and emotional well-being.

## Watch for warning signs that you may be over-stressed or feeling depressed:

- ✓ Difficulty sleeping
- ✓ A lack of appetite or over-eating
- ✓ Trouble concentrating
- ✓ Smoking, excessive drinking or  
drug use
- ✓ Anxiety or irritability

If you feel your stress is out of control or think you might be depressed, speak to a professional counselor or your health care provider. They can help you decide if treatment or possible changes to your lifestyle habits can help.

Find more in the **health center** on **umr.com**



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