

Please join us for  
a special webinar



## Depression, Anxiety and Burnout: Moving Toward Hope and Health

For some people, feelings of depression, anxiety and burnout may seem insurmountable. Those experiencing these conditions are far from alone, but recognizing when we need extra support for our emotional and mental well-being is critical. This discussion defines each of these conditions, including the signs and symptoms and ways to seek help when needed.



### Topics to be covered:

- Definitions
- Signs and symptoms
- When and how to seek help

**Time: (include time zone)**

**Date:**

**Presenter: Health Advocate EAP**