

Freedom from Depression

Bad day turning into a **bad month?**



Everyone has bad days. At times, it is also normal to feel disappointed with life, frustrated with circumstances and stressed. But when bad days turn into bad months, and negative feelings don't seem to go away, it may be a sign of depressive illness.

Depression can affect anyone, at any age and may be triggered by:

- Life stressors
- Biological components
- Personal or medical crises
- Sudden loss or change
- Situational and/or seasonal factors
- Physical changes, injury or chemical imbalance

Depression does not have to be a life sentence.

Getting help is the first step to freedom.



Contact ACI Specialty Benefits,
your SOAR student assistance program, at
800.932.0034 or **soar@acispecialtybenefits.com**.

ACI's services are 100% confidential and
free to students and family members.

