

c&fs EAP

Employee Assistance Program



Schedule TODAY!

15 Minute Virtual Depression Screenings

Virtual Depression Screening Event

October 14th is National Depression Screening Day. In June of 2020, over 30% of all adults reported struggling with anxiety or depression symptoms, according to the CDC. Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

Who should get screened?

- Are you feeling sad, anxious or "empty"?
- Do you experience sleep disturbances?
- Has your eating been "off"?
- Have you lost interest in activities you once enjoyed?
- Do you find yourself irritable, having trouble concentrating or having thoughts of suicide?

Schedule your 15 minute, private screening with an EAP Clinician today. You deserve to feel your best!

October 14, 2021

*All you need is 15 minutes sometime between **8:30 a.m.-4:30 p.m.***

SCHEDULE HERE: <https://calendly.com/cfs-eap/screening-with-eap>

After you schedule your appointment, you will receive a Zoom link and a calendar reminder about your appointment to your email or text, your choice.

For more information call 716-681-4300 or visit <https://eap.cfsbny.org/> today.

