

# NEELY EAP

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM

OCTOBER 2022



## WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

24/7 Helpline: 866-212-6096  
For TDD: 800-735-2989  
Email: [admin@neelyeap.com](mailto:admin@neelyeap.com)  
Web: [www.neelyeap.com](http://www.neelyeap.com)



## WELLNESS SEMINAR

Please join us for our  
live seminar

"Laugh and Learn about  
Personal Finance"

OCTOBER 13 @3PM

[REGISTER HERE](#)

## QUARTERLY WEBINAR SERIES

Respect in the Workplace

TBD

REGISTRATIONS  
OPENING SOON

# Depression: Why Suffer in Silence

By: Courtney Garcia Echeverria

## What is depression

Depression is a very common and treatable mood disorder that affects how you feel, think and act. You may experience sadness, loss of interest in activities you once found pleasurable, a decreased ability to function as you normally would, and emotional or physical changes. Depression affects an estimated one in 15 adults in any given year. One in six people will experience depression at some time in their life. On average, depression first appears during the late teens to mid-20s. There is a high degree of heritability (approximately 40%) when first-degree relatives (parents/children/siblings) have depression.

## Symptoms

Symptoms of depression can vary from very mild to extremely severe. Symptoms must be present for at least two weeks before a diagnosis of depression may be considered. A couple of symptoms of depression are;

- Feeling sad
- Changes in appetite
- Trouble sleeping/sleeping too much
- Loss of energy
- Feeling worthless/guilty
- Thoughts of death or suicide

## Risk factors for depression

- Biochemistry: Our brain is made up of several different chemicals. When there is a difference in certain chemicals, they may contribute to symptoms of depression.
- Genetics: Depression can run in families and has a high probability of being inherited.
- Personality: People with low self-esteem, who are easily overwhelmed by stress, or who are generally pessimistic appear to be more likely to experience depression.
- Environmental factors: Exposure to violence, neglect, abuse, or poverty may contribute to depression.

## Treatment

Depression is among the most treatable mental disorders. Between 80% and 90% of people with depression eventually respond well to treatment. Almost all patients gain some relief from their symptoms. Before a diagnosis or treatment, a health professional should conduct a thorough diagnostic evaluation, including an interview and a physical examination. In some cases, different tests may be done to ensure the depression is not due to a medical condition. The evaluation will identify specific symptoms and explore medical and family histories and cultural and environmental factors to arrive at a diagnosis and plan a course of action.

## How we can help

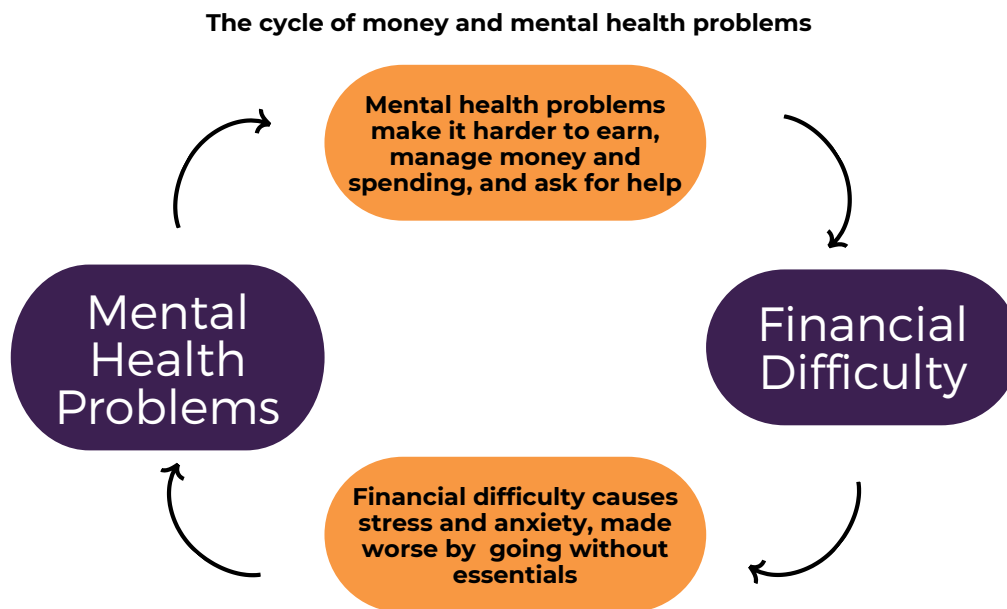
No one should have to go through depression alone. Now that you have been informed that depression is highly treatable let's take the next step in healing together. If you believe that you may have depression and would like to be assessed, please use your **Neely EAP benefits** to reach out to one of our counselors.



# Personal Finance 101

By: Courtney Garcia Echeverria

How does that saying go? "More money, more problems?" Well, what about less money, more stress? Or more money, more dopamine? There are many links between personal finances and mental health. This article will take you through how money can positively and negatively impact your mental health. Let's start with the negative effects of financial distress.



## Ways financial problems negatively impact you

1. Increase stress - having an abundance of stress in your life can increase irritability, fatigue, anxiety, angry outbursts, anxiety, depression, and heightened cortisol levels, which can impact your physical health.
2. Negatively affects relationships - this can happen when arguments about money keep coming up, and lifestyles have to be sacrificed, such as getting second jobs, doing fewer leisure activities, and being stingy with finances.
3. Reduces opportunity - having financial troubles can make it harder to buy a home, car, travel or even start a family.

## Now with the positive; money and dopamine connection.

Dopamine is known as the "feel good" hormone. Dopamine can act as a reward system in our brain and plays a role in our pleasure feeling. With that being said this is why we get happier when we can afford that new house, new car, new purse, dream vacation, or new phone. Setting long-term and short-term financial goals can release dopamine and make us happy when we achieve them. In relation to that, dopamine can increase our willingness to work. The more you achieve goals and feel dopamine release, the more motivated you will be to do it again.

## Counseling

If you are looking to explore money and dopamine connections further or want to learn more about how to help your mental health if you're under financial distress, please use your EAP benefits to contact one of our counselors. We look forward to seeing you!

For more information on Personal Finance, tune into your incoming October seminar:

**"Laugh and Learn about Personal Finance"** on October 13th.

### References:

<https://www.enrich.org/blog/data-shows-strong-link-between-financial-wellness-and-mental-health#:~:text=Money%20problems%20and%20mental%20health,have%20a%20mental%20health%20diagnosis>  
<https://www.allbusiness.com/5-ways-financial-problems-negatively-affect-your-marriage-and-tips-on-how-to-solve-them-together-129531-1.html>  
<https://diversifiedllc.com/hot-topics/the-science-of-happiness-money-part-1-dopamine/>



## WHAT CAN MY EAP DO FOR ME?



At Neely EAP, we understand the challenge of balancing work and life stresses while staying mentally healthy. That's why we've partnered with your employer to offer you the following services free of charge:

- 24/7 Hotline, Access to Confidential Services
- Short-Term Counseling Couch Time Check-In (preventive annual counseling session)
- Legal and Financial Assistance
- Work-life referrals for adult care, childcare, pet care and more
- Wellness Trainings & Online Employee Training Vault
- Critical Incident Stress Debriefing

### About our logo

For decades, enslaved African Americans looked to the North Star for hope, inspiration, and freedom. Neely EAP (NEAP) provides the **hope** that your situation will improve, the **inspiration** to move you in the right direction, and the **freedom** to live your best life.

