Depression and Anxiety

2016 data shows **depression is more common in females** than males[1]

Anxiety includes more than just panic attacks.

Anxiety disorders can include generalized anxiety, agoraphobia, a specific phobia, social anxiety disorder, post-traumatic stress disorder, obsessive-compulsive disorder and separation anxiety disorder.

Cognitive behavioral therapy can be an **effective** therapy for depression and anxiety

Less than half (44%)

of those experiencing depressive episodes use a combination of health professionals and medications to overcome it (37% opt for no treatment)[1]

An estimated **31.1%** of U.S. adults experience a form of anxiety disorder at some point in their lives[2]

It's Not All In Your Head

Depression is a complex interaction of social, psychological and biological factors

Break the Stigma

Trouble seeing clearly? You get glasses. Fighting an infection? You get antibiotics. Don't suffer silently with depression or anxiety. It's just another part of your health that may need help at times.

Depression is higher in adults **age 18-25** than any other age group (10.9%)[1]

How CPS helps:

- **Employee Assistance Program (EAP)** – connect with a counselor by phone, virtually or face-to-face at no extra cost.
- **Pastoral Support Network** – specialized guidance from those who are in tune with the struggles of pastors and their families.
- **Telehealth** – Virtually connect with a physician at ConcordiaPlans.org/Telehealth.
- **Quantum Health** can help you find quality primary care physicians as well as specialists at no extra cost.

[1] www.nimh.nih.gov/health/statistics/major-depression.shtml
[2] www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml

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