Depression and Anxiety

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

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.

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)

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

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%).

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 using 98point6, Doctor On Demand (BCBS), MDLIVE (Cigna), Teladoc (UMR) or Kaiser Permanente.
- **Included Health** can help you find quality primary care physicians as well as specialists at no extra cost.