



## News you can use...from your EAP

### **Depression Increases Marital Dissatisfaction and Divorce**

According to a study of married couples in the U.S., each marital partner's level of depression predicted their own marital satisfaction and that of their spouse as well. Depressed individuals were more dissatisfied with their marriage and their spouses were more dissatisfied with the marriage as well. Untreated depression poses a very real threat to a marriage. Statistics show that in marriages where one of the partners suffers from depression, the divorce rate is nine times higher.

### **What to do when depression threatens your marriage**

Living with a depressed spouse can leave you feeling unloved, confused, demoralized, angry and resentful. If depression is taking a heavy toll on you and the quality of your marriage, the suggestions below can help:

**1. Learn about all aspects of depression.** It is vital that both you and your partner learn all that you can about depression – its symptoms, what it is, what it isn't, what to expect and what treatment options are available. A free, confidential on-line screening for depression, which also educates users about its symptoms, is available at the Member Access page of your Employee Assistance Program (EAP) web site: <http://www.eapconsultants.com>

**2. The depressed spouse must seek professional help for depression.** It is important to recognize that before marital problems can be effectively dealt with, the depression needs to be treated first. Encourage your spouse to seek professional treatment as soon as possible. The first step is for them to see a doctor or mental health professional and ask to be assessed for depression.

**3. If your spouse balks about getting help.** It is important that you get your partner to the doctor or mental health professional, even if you have to help schedule the visit, take off from work and accompany your partner to the appointment. If your spouse refuses to seek treatment, sometimes the parents or siblings of the depressed spouse, or a close friend, or a religious or spiritual advisor can help convince a depressed spouse to consult with their doctor or counselor.

**4. Offer your spouse support and encouragement.** Once a treatment program is prescribed, helping may involve monitoring whether your spouse is taking their prescribed medication, or encouraging them to stay with treatment until symptoms begin to improve (usually several weeks). Be patient with your spouse. Let your spouse know you care. Keep assuring your spouse that with time and help, he or she will feel better.

**5. If your spouse refuses to seek professional help.** If your partner refuses to seek help, consult with the EAP to get individualized recommendations and the help you need.

### **Your EAP is here to help**

If your loved one may need help for depression, your Employee Assistance Program is a great place to start. Your EAP can provide you and your dependents with no cost, confidential counseling, referrals and information. EAP counselors are mental health professionals who are specially trained to assist people in getting the right help for depression.

To obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: <http://www.eapconsultants.com>