



According to Gallup, the percentage of adults in the United States who report being diagnosed with depression at some point in their lifetimes has reached 29 percent. The percentage of Americans being treated for depression is 17.8 percent. And globally, nearly 4 in 10 adults live with significant depression or anxiety or have a close family member or friend who does.¹

This week’s Mental Health Awareness Month resources can help you learn more about depression and anxiety, including a podcast about a personal experience with depression and tips to help you manage your thoughts.



Featured resource

Aimee's story matters: the gift of giving and getting support

Aimee shares some of the most impactful steps she's taken on her journey with depression and anxiety.

[Listen to Aimee's story](#)

Becoming aware of your thoughts

Learn how to spot, challenge and change automatic negative thoughts to more positive, realistic ones.

[View the infographic](#)



We're here for you and your household members 24/7.
Visit us online or call anytime.

Resources
for Living[®]

¹Witters, Dan. [U.S. depression rates reach new highs](#). Available at: news.gallup.com. Accessed January 2025.

This mailbox is unmonitored. Please do not reply to this e-mail.
This e-mail was brought to you by Resources For Living. You are receiving this because you have elected to communicate with Resources For Living through email. If you no longer wish to receive these particular messages via email, you may [unsubscribe](#) at any time.

Knox Keene Non-Discrimination policy
Resources for Living complies with applicable Federal civil rights laws and does not unlawfully discriminate, exclude or treat people differently based on their race, color, national origin, sex, age, or disability. We provide free aids/services to people with disabilities and to people who need language assistance. If you need a qualified interpreter, written information in other formats, translation, or other services, call Resources for Living or the number on your ID card. If you believe we have failed to provide these services or otherwise discriminated based on a protected class noted above, you can also file a grievance with the Civil Rights Coordinator [here](#).