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Benefits News



Understanding Anxiety and Depression

This document is part of the OEGB September Newsletter, Anxiety and Depression. To access other resources, visit the [News and Events](#) page.

According to Johns Hopkins Medicine, about one in four adults suffer from a mental health condition like anxiety or depression each year. If you're one of them, you're certainly not alone. Even if you don't struggle with these conditions, it's important to understand them. Knowledge can help you support others in your life who may deal with these conditions.



Depression

Major depression is an illness that affects how people think and feel. This condition makes people feel very sad and uninterested in life for more than two weeks. It can also make it hard to do everyday activities. About 17.3 million adults in the U.S. have at least one major episode of depression each year. Read more [here](#).



Anxiety

Anxiety can cause strong fears that make it hard to do daily things and interact with others. Nearly 40 million adults in the U.S. have an anxiety disorder each year. This makes anxiety the most common mental health condition. About 8% of kids and teenagers also have anxiety disorders. Most start showing symptoms before they turn 21. Read more about anxiety [here](#).

What's the relationship between anxiety and depression?

Anxiety and depression are different conditions, but they commonly occur at the same time. When feelings of sadness and worry are strong and last a long time, it might mean there is a mental health problem. Treatments like talking to a therapist, taking medicine, and making healthy lifestyle changes can help.

Remember that you have access to counseling through your Employee Assistance Program (EAP). Visit [Canopy](#) to access these resources.

Sources: [Anxiety and Depression Association of America](#)

[Mayo Clinic](#)

[Mental Health Disorder Statistics](#)

