



## **October is National Depression and Awareness Month**

**October gives an opportunity for individuals, organizations, and companies to come together to acknowledge and discuss depression and mental health.**

**What can trigger a depressive episode?**

**Life events-Major life events, those that are negative, can be depression triggered. However, even positive events, such as childbirth can trigger depression (postpartum depression).**

**Chronic stress-Not only acute stress, but chronic, ongoing stress from financial problems, work pressure, relationship struggles, or caregiving responsibilities can lead to burnout, triggering depression.**

**Trauma-Experiencing any type of abuse is a risk factor.**

**Substance use-Alcohol and drugs can alter brain chemistry, increase one's vulnerability to depression, and even trigger it.**

**Health issues-Chronic illness or pain can lead to feelings of hopelessness and are common triggers for depression.**

**Any flight attendant struggling with mental health or depression issues can get help by calling the FADAP Helpline to be connected to a trained flight attendant peer from your airline at 1-855-33FADAP or 1-855-333-2327.**



### **Wings of Sobriety Telephonic Meetings**

**Meetings are open to all Flight Attendants who are exploring their need for or seeking recovery from substance use disorders.**

**Meeting times are scheduled on Wednesday at 3:00 pm EST and Sunday at 5:00 pm EST.**

**Each meeting will last between forty-five (45) minutes to one (1) hour.**

**The conference call in number is 1-855-544-2320.**