



## Excelling at Work & Life

# Understanding Depression — Webinar

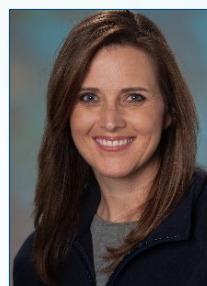
Presented by TriHealth EAP and Workplace Wellbeing & Fitness  
Wednesday, June 15, 10 a.m. – or – Thursday, June 23, 12 p.m.

Chances are that someone you know has experienced or is experiencing an episode of depression, the most common form of mental illness. This session will help you recognize the signs and symptoms of depression and better understand how it differs from sadness. We will explore helpful tools for managing depression, the most effective treatments available and how to help someone who might be depressed. [To register for this free webinar, please call 513 977 2165, email \[TriHealthEAP-CST@TriHealth.com\]\(mailto:TriHealthEAP-CST@TriHealth.com\) or \[register online.\]\(#\)](#)



**Diane Mushaben MA, LPCC-S**  
Treatment Coordinator, TriHealth EAP

With more than 21 years of experience in behavioral health, Diane obtained her master's degree in Pastoral Ministry and counseling from the Athenaeum of Ohio. She holds an independent social work license in both Ohio and Kentucky with Supervision Endorsement.



**Shannon Ricca, MA**  
Employer Solutions Consultant  
Workplace Wellbeing & Fitness

Shannon applies her bachelor's degree in Kinesiology and master's degree in Clinical Counseling to support employers in the development of strategic wellbeing and fitness programs for the health of their teams.



© 2021 TriHealth, Inc. All rights reserved. Copying or reproducing this document is strictly prohibited