

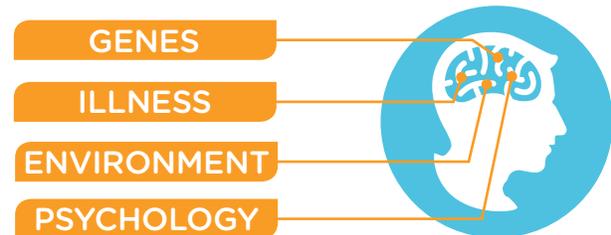
WHAT IS DEPRESSION?

Everyone feels down or sad at times. But these feelings only last a short time. When you have **depression**, the symptoms last for weeks or longer; it affects your daily life and causes pain for both you and those who care about you. **The good news is that, with treatment, people with depression can recover.**

Not all people with depression have the same symptoms. Here are some of the more common signs:

- Feeling hopeless, restless or angry
- Losing interest in hobbies and activities, including sex
- Experiencing sadness, guilt or anxiety
- Sleeping too much or not being able to sleep
- Thinking of hurting yourself
- Having trouble staying focused or making decisions
- Eating too much or not eating at all
- Suffering from aches, pains, headaches, cramps or digestive cramps that do not go away even with treatment

What causes depression?



Depressive illnesses are disorders of the brain. It is often a result of several factors such as a person's genes, family history, psychology and environment. Trauma such as loss of a loved one, a difficult relationship or any stressful situation can trigger depression. It is also common for people with a chronic illness to develop depression.



FACT: Depression can appear for no reason at all.

Need an answer to a health question or need help right away with an urgent health matter?

You can speak to a nurse 24 hours a day, 7 days a week by calling our 24-hour Nurse HelpLine at **1-888-596-0268**.

Members who are deaf or hard of hearing can call **711**.

Working with your doctor



Treating depression involves taking antidepressant medication and receiving psychotherapy. It is important that you seek treatment from a health care professional.

Here are some ways you and your doctor can work together to help control your depression:

- Develop a treatment plan
- Schedule and keep any health care appointments or screenings your doctor recommends
- Take antidepressant medicines as your doctor advises

Managing your depression

Is your depression getting in the way of work, school, sleep or time with family and friends? It's OK to ask for help if you feel like you need it. We can help you find resources or get the care you need. There may be small changes you can make that will help improve your health and keep you active.

Are you ready?

How important to you is preventing symptoms of depression and staying out of the hospital? Give your answer as a number between 1 and 10, with 1 being not important and 10 being very important. If you answered 5 or higher, you're probably ready to start setting a goal and taking steps toward improving your condition.

1...2...3...4...5...6...7...8...9...10

Not Important

Very Important

Use this list of questions to help you see where you may be able to make a change.

1. Am I seeing a behavioral health provider on a regular basis for my depression?
 Yes
 No
 Not sure
2. Am I currently taking antidepressant medication as prescribed for my depression?
 Yes
 No
 Not sure
3. Am I taking steps to improve my overall health by eating healthy and exercising?
 Yes
 No
 Not sure
4. Have I told my family and friends about my depression and asked for their support?
 Yes
 No
 Not sure
5. Have I talked to my health care provider about any side effects from my antidepressant medication?
 Yes
 No
 Not sure



Did you answer no or not sure to any of the questions? If so, it's OK.

Change can be hard. But we want you to succeed, and you can. When you're ready, use one of those questions to help you set a goal. Also, take a few minutes to complete the section called My Depression Take Control Plan on the back page of this brochure.

MY DEPRESSION TAKE CONTROL PLAN

<p>My health care services <i>My doctor is my partner</i></p> <p><input type="checkbox"/> Wellness checkup (yearly)</p> <p>Date: _____</p> <p><input type="checkbox"/> Antidepressant medication prescription</p> <p>Date: _____</p> <p><input type="checkbox"/> Follow-up visit with behavioral health provider after hospital stay</p> <p>Date: _____</p>	<p>My daily control plan <i>I am in charge every day</i></p> <p><input type="checkbox"/> I am scheduling and keeping my talk therapy appointments.</p> <p><input type="checkbox"/> I have a good supply of my antidepressant medications.</p> <p><input type="checkbox"/> I take my medications as directed by my doctor.</p> <p><input type="checkbox"/> I have a way to keep track of when to take my medication.</p> <p><input type="checkbox"/> I have a schedule for when I go to sleep and when I get up each day.</p>	<p>My healthy lifestyle plan <i>I will choose one to work on now</i></p> <p><input type="checkbox"/> Be active — every day</p> <p><input type="checkbox"/> Eat healthy — make a plan</p> <p><input type="checkbox"/> Stop using tobacco — set a quit date</p> <p><input type="checkbox"/> Limit or avoid use of alcohol or drugs</p> <p><input type="checkbox"/> Other things I can do:</p> <p>_____</p>
<p>Words to know</p> <p><i>Antidepressant Medication:</i> Medication used to treat depression that works by balancing some of the natural chemicals in our brain.</p> <p><i>Psychotherapy:</i> Use of clinical methods, “talk therapy,” to assist people with changing their behaviors, thoughts and feelings.</p>	<p>What’s do I feel about taking action?</p> <p><input type="checkbox"/> I want to control my depression, but I don’t really know how.</p> <p><input type="checkbox"/> I want to control my depression, and I feel confident that I can.</p> <p><input type="checkbox"/> I know how to manage my depression, but it is not really a concern for me right now.</p> <p><input type="checkbox"/> I don’t know how to manage my depression, and I am not worried about it.</p>	<p>My support <i>People who can help me</i></p> <p>My PCP or other health care provider’s name and phone number:</p> <p>_____</p> <p>My Dell Children’s Health Plan case manager’s name and phone number:</p> <p>_____</p> <p>Family and friends’ names and phone numbers:</p> <p>_____</p> <p>_____</p>

DEPRESSION ACTION PLAN

GO	CAUTION	DANGER
<p>How I feel:</p> <ul style="list-style-type: none"> • Upbeat, positive • Can eat and sleep as usual • Able to manage daily tasks 	<p>How I feel:</p> <ul style="list-style-type: none"> • Hopeless, worthless, helpless • Restless or very tired • Can't stay focused or make decisions 	<p>How I feel:</p> <ul style="list-style-type: none"> • Thinking of hurting myself or someone else
<p>ACTION: I can work and enjoy normal daily activities.</p>	<p>ACTION: Call my doctor.</p>	<p>ACTION: Go to the emergency room, call 911 or call a crisis hotline.</p> <p>National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255) TTY 1-800-799-4TTY (4889)</p>

Sources:

www.nimh.nih.gov

www.nami.org



Our disease management care team cares about your well-being, and we want to be sure you are aware of all the services you can receive.

We offer personal health coaching to help you manage your health needs. We can work with you on improving your overall health and getting past barriers to achieve your goals. We can help with coordinating care between your primary care provider and other providers. We can also help you find local health resources.



Call us toll free at 1-888-830-4300 (TTY 711).

You can reach us Monday through Friday from 8:30 a.m. to 5:30 p.m. local time.