

### **How do I know if I am depressed? <sup>3</sup>**

Ask yourself the following questions:

- ◆ **Over the past two weeks, have you felt down, depressed or hopeless?**
- ◆ **Over the past two weeks, have you felt little interest or pleasure in doing things?**

If you answered “Yes” to either question, ask your doctor or mental health provider to check you for depression.

<sup>3</sup>Source: Patient Health Questionnaire (PHQ-2)

**We can help you set up your first visit. Call the mental health services phone number on your health insurance card.**

- ◆ For assistance with a suicidal crisis or emotional distress, call the National Suicide Prevention lifeline 1-800-273-TALK (8255)
- ◆ In case of emergency, call 911 or go to the nearest emergency room.

### **Learn more about depression**

Information about depression and self-care tips can be found:

**liveandworkwell.com**

- ◆ <http://prevention.liveandworkwell.com>

**National Institute of Mental Health**

- ◆ [www.nimh.nih.gov](http://www.nimh.nih.gov)

**American Academy of Child and Adolescent Psychiatry**

- ◆ [www.aacap.org](http://www.aacap.org)

**Depression and Bipolar Support Alliance**

- ◆ [www.dbsa.org](http://www.dbsa.org)

The text in this brochure is not meant to provide medical advice, other health services, replace professional advice or imply coverage of specific clinical services or products. The information is for educational purposes only. Consult your healthcare provider concerning your specific health needs. Check with your health plan regarding your coverage.

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From  
Feeling Blue  
to  
Feeling Good



## Depression is a serious medical condition.

Treatment is needed to get better. It's different from normal, brief sadness that can happen from stress, loss or being let down.

Recovery and a full life in the community are possible. People get help from treatment, peer support, talk therapy, exercise, and creating an action plan.

Here are some signs of depression<sup>1</sup>:

- ◆ Lasting sad, anxious or empty feelings
- ◆ Feelings of hopelessness, guilt, worthlessness, or helplessness
- ◆ Loss of interest in activities or hobbies once enjoyed
- ◆ Difficulty paying attention, remembering details, or making decisions
- ◆ Not able to go to sleep or stay asleep; may wake in the middle of the night, or sleep all the time
- ◆ Always hungry or lack of hunger
- ◆ Ongoing aches and pains, headaches or stomach problems that do not go away

Not everyone with depression will have all of these signs. The signs vary between men and women. Ask your doctor or mental health provider to check you for depression.

<sup>1</sup>Source: Depression, National Institutes of Health, 2016.



These tips can help you get the most out of treatment and make a full recovery:<sup>2</sup>

- ◆ Ask your doctor or mental health provider what treatment is best for you. You may be prescribed antidepressants but it is a good idea to explore your options with a mental health professional who specializes in depression. Ask for a referral. You might end up working with a therapist and not needing medication at all.
- ◆ If prescribed medication, use as directed by your prescriber. Research shows that 6 months on the right medicine lowers the risk of more depression.

- ◆ It can take up to 2-3 weeks to feel like the antidepressant medicine is working. If you don't feel better, or if you feel worse, talk to your doctor or mental health provider about your concerns.
- ◆ Ask your mental health provider about recovery action plans or other tools you can use to support your recovery.
- ◆ Get peer support through groups like the National Alliance on Mental Illness 1-800-950-NAMI (6264).

<sup>2</sup>Source: *Treatment of Patients With Major Depressive Disorder, 3rd Ed.*, American Psychiatric Association; Depression and Bipolar Support Alliance, <http://www.dbsalliance.org/> (2016)

