



# TREATING DEPRESSION

## WHAT IS DEPRESSION?

Everyone feels sad once in a while. But depression can affect your behavior, health and thoughts for a long time. There is no one reason for depression. It can be genetic, social or related to life events. If you do not recognize it or treat it, symptoms can last from weeks to years and could impact all aspects of life.

Get help from a doctor, nurse, or counselor if you have these symptoms often:

- ▶ Trouble focusing
- ▶ Feeling hopeless
- ▶ Feeling worthless
- ▶ Thoughts of hurting or killing yourself
- ▶ Lack of interest in usual activities
- ▶ Body aches and pains
- ▶ Sleeping too much or too little
- ▶ Feeling slowed down
- ▶ Changes in appetite
- ▶ Loss of energy

## I THINK I'M DEPRESSED. WHAT CAN I DO?

If you think you or someone you know might have depression, ask these two questions:

1. Over the past two weeks, have you felt down, depressed, or hopeless?
2. Over the past two weeks, have you felt little interest or pleasure in doing things?

If you answered yes to either one, talk to your doctor. Or you can talk to a counselor or licensed therapist.

## FACTS

- ▶ Depression rates in the U.S. and the world are rising.
- ▶ About 9% of U.S. adults have some form of depression.
- ▶ Major depression is the main cause of disability for adults in the U.S.
- ▶ Depression touches about 19 million U.S. adults each year.
- ▶ Women are twice as likely as men to feel depressed.
- ▶ Less than 50% of those affected by depression will get treatment.

*World Health Organization, 2012  
Centers for Disease Control*

## DEPRESSION CAN BE TREATED

The two most common ways to treat depression are medication and therapy. They can be used on their own or combined with one another.

### MEDICATION

Antidepressants are drugs prescribed by doctors. They can help people with depression. There are many different types of antidepressants. This medicine targets different chemicals in the brain that control your mood. Before seeing if the medicine works, you must take it for about 4 to 6 weeks. It is important to keep taking your medicine even if you are feeling better. This helps to prevent the depression from coming back.

### THERAPY

Therapy can be used with medication or by itself to help with depression. Therapy helps people talk about why they feel depressed. Some types of therapy help with a person's sad thoughts or actions. Others help people work through hard relationships and past events that make their depression worse.

Talk to your doctor or mental health specialist to figure out the best treatment for you.

*Depression. (n.d.). Retrieved June 2014, from National Institute of Mental Health: [www.nimh.nih.gov/health/topics/depression/index.shtml](http://www.nimh.nih.gov/health/topics/depression/index.shtml)*

## HOW CAN BEACON HELP YOU?

We offer helpful information for people dealing with depression. We can also help find treatment.

To learn more, call us.

CHIP: 888.287.5403 | STAR: 888.287.5402 | IdealCare: 855.765.9696

tty: 855.539.5876

[www.beaconhealthstrategies.com](http://www.beaconhealthstrategies.com)

This information is for education purposes only and might not reflect the opinion of your health care provider. For health care advice, call your doctor.

## MENTAL HEALTH & SUBSTANCE ABUSE CARE RESOURCES

### BEACON HEALTH STRATEGIES

888.204.5581

tty: 866.727.9441

[www.beaconhealthstrategies.com](http://www.beaconhealthstrategies.com)

### GENERAL MEDICAL CARE RESOURCES

Please call the number on the back of your membership card to reach your health plan.

### OTHER MENTAL HEALTH RESOURCES

#### NATIONAL ALLIANCE ON MENTAL ILLNESS

800.950.6264

[www.nami.org](http://www.nami.org)

#### NATIONAL INSTITUTE OF MENTAL HEALTH

866.615.6464

tty: 301.443.8431

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

#### SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

877.726.4727

[www.samhsa.gov](http://www.samhsa.gov)

#### NATIONAL SUICIDE PREVENTION LIFELINE

800.273.8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**IF YOU THINK YOU OR A LOVED ONE MIGHT BE DEPRESSED, CALL YOUR DOCTOR. OR CALL BEACON.**