



## FACTS ABOUT DEPRESSION

19 million people per year suffer from depression.

1 in 4 women will have depression during their lifetime.

1 in 7 men will have depression during their lifetime.

1 in 10 women will have depression in the few months after having a baby.

Depression can affect how well you can take care of other illnesses, such as diabetes or asthma.

Depression is treatable.

People with depression can feel better with the right treatment.



## RESOURCES

Mental Health & Substance Abuse Care  
**Beacon Health Options**

1-888-204-5581 | tty: 1-866-727-9441  
[www.beaconhealthoptions.com](http://www.beaconhealthoptions.com)

General Medical Care

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

**National Alliance on Mental Illness**

1-800-950-6264 | [www.nami.org](http://www.nami.org)

**National Mental Health Association**

1-800-969-6642 | [www.nmha.org](http://www.nmha.org)

**Brain & Behavior Research Foundation**

1-800-829-8289 | [www.bbrfoundation.org](http://www.bbrfoundation.org)

**National Institute of Mental Health**

1-866-615-6464 | [www.nimh.nih.gov](http://www.nimh.nih.gov)

Este folleto se halla disponible también en Español.

Llame a Beacon, al 1-888-204-5581, para solicitar una copia.

This information is for educational purposes only and may not reflect the opinion of your health care provider. For personal health care advice, consult a qualified health care professional.



INFORMATION ABOUT

# Treating Depression

## WHAT IS DEPRESSION?

Depression is an illness that can affect your body, mood and thoughts. Depression is when you feel sad or down most of the time. It is not a passing “blue mood.”

### Some Signs of Depression are:

- Feeling worried
- Feeling restless or nervous
- Feeling guilty, worthless, or hopeless
- Feeling “empty”
- Sleeping too little or too much
- Eating too little or too much
- Loss of energy
- Loss of interest or pleasure in things you like to do
- Having problems thinking or making decisions
- Having thoughts of death and suicide
- Having health problems that don't get better, such as headaches or stomach aches

If you often have these kinds of thoughts or problems, it could be a sign of depression. If you have signs of depression, you can talk with your doctor, nurse, or a counselor.

Without treatment, the symptoms of depression can last for weeks, months, or even years.

## TREATMENT FOR DEPRESSION

### Counseling

Most people who have depression get better with counseling, medication, or both. Counseling can be done individually or in a group and can help improve your mood. It can also help you figure out what brings on your depression and help you find ways to get better.

### Medication

There are several different types of medicines to help with depression including medicines called anti-depressants. Your doctor or nurse will work with you to choose the one that's right for you. Usually, it takes between four (4) and eight (8) weeks for the medicine to work and for you to feel better. It is important to take it the way your doctor or nurse tells you to. Your doctor or nurse will most likely tell you to take the medicine for at least six (6) months. Some people take medicine for much longer.

If you are in treatment, experts recommend that you see your counselor at least three (3) times for the first three (3) months of your treatment.

If you take medicine for your depression, you should see the doctor or nurse who gave you the medicine at least one (1) time in the first three (3) months.

Remember to keep your appointments and take your medication exactly as your doctor or nurse tells you, even if you are feeling better. Always tell your doctor or nurse exactly how you are feeling.

### Ask Yourself...

If you think you or someone you know might have depression, here are two questions that may help you talk with a doctor, nurse, or counselor:

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 of these questions:

- It is important to talk to your primary care doctor, nurse, or go to see a counselor.
- A doctor or nurse can also rule out health problems that look like signs of depression.

If you have thoughts of hurting yourself, call 911, go to the emergency room, or get help right away from a doctor, nurse, or counselor. This can be a very dangerous situation that needs treatment immediately.

### Treatment can Help

If you are not in treatment and want counseling or medication, you can go to a counselor, doctor or nurse, and you don't need a referral. If you need help finding someone in your area, please call Beacon Health Options at 1-888-204-5581, or TTY: 1-866-727-9441.