



YOUR SOURCE Balancing Work, Family & Life

Depression: Know it. Treat it. Beat it.

Depression can affect anyone, at any age and of any race or ethnic group. Depression is never a “normal” part of life, no matter what your age, gender or health situation. The great news is that when you know about it, know how to get help and how to beat it, a brighter future is in your hands.

Access the *Depression: Know it. Treat it. Beat it.* Web Center to:

- Read articles on identifying, treating and coping with depression.
- Take a self-assessment that will help you identify if you may have depression.
- Check out our online resources that explore depression issues and services in-depth.

Podcast—“Recognizing Depression”

A few minutes of listening to this Podcast is a step in the right direction and can benefit you and your loved ones for a lifetime. Through this Podcast you will learn to identify the early warning signs of depression and how to find resources so you or your loved ones can recover and thrive.

This Podcast is available on the Web site under *Tools, On Demand Learning, Webinar Recordings and Podcasts.*

Log on to check it out online

Log on to www.MagellanHealth.com/member to access *Depression: Know it. Treat it. Beat it.* and other helpful resources in the *Spotlight* section.



Employee Assistance Program
Available 24 hours
1-800-424-5988



Answer: The correct answer is D. According to the National Institute of Health, 80 percent of people who are treated for depression show improvement in just four to six weeks.

What percentage of people show improvement within 4 to 6 weeks after getting help for depression?

- a. 13%
- b. 7%
- c. 49%
- d. 80%

Check your answer on the bottom.

Now That's an Idea!

Your help can make a difference! If you think your friend or loved one may be depressed, here's how you can help:

- Learn more about depression, don't make assumptions.
- Encourage them to make a doctor's appointment.
- Give emotional support.
- Encourage them to stick with their treatment plan.
- Invite them to join you in activities they used to enjoy.
- Don't expect too much too soon.
- Model positive behaviors and lifestyle choices.
- **Take comments about suicide very seriously!**



Know it!

Knowing about depression can help you get the right treatment to beat it.

Depression is a medical illness that requires treatment like any other chronic health problem. When a person is depressed, their ability to function is affected.

Depression causes people to lose pleasure in their daily life, can complicate other medical conditions and, in extreme cases, can lead to suicide. Yet depression often goes untreated because some people see it as a personal weakness and believe they can just get over it.

Many factors can contribute to depression:

- Too little or too much of certain brain chemicals.
- Low self-esteem or negative thinking.
- Having an illness, such as heart disease or cancer.
- A depressive side effect of medications.
- A family history of depression.
- Difficult life events, such as divorce or the death of a loved one.

Symptoms of depression include:

- Persistent sadness or anxiety.
- Too much or too little sleep.
- Increased/reduced appetite, unusual weight gain/loss.
- Loss of pleasure in activities once enjoyed.
- Restlessness, irritability.
- Physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders).
- Difficulty concentrating, remembering or making decisions.
- Fatigue or loss of energy.
- Feeling guilty, hopeless or worthless.
- Thoughts of suicide or death.

If you have five or more of these symptoms for two weeks or more, you should consider talking to your doctor or call your program for help.

**Take an active role in beating depression so you can enjoy your life and time with loved ones.
You can talk with a counselor right now, *confidentially*, by calling your program.**

Treat it!

Treatment for depression works. Treatment can help you enjoy your favorite activities again, be more productive, reconnect with friends and family and feel more comfortable in social situations.

The most common treatments for depression are antidepressant medicines, psychotherapy (talk therapy) or a combination of these. Better nutrition and exercise are typically stressed as part of any treatment plan.

You and your doctor or counselor will work together to find what treatment is best for you based on things like:

- Severity of your depression.
- Cost of treatment.
- Possible side effects of any medicines you are taking or other medical problems

Beat it!

Staying healthy and happy may mean making lifestyle changes so you can cope with depression. Try these tips:

- Simplify your life. Cut back on obligations and set reasonable goals.
- Write in a journal. Journaling allows you to express emotions.
- Read self-help books. Ask your doctor for recommendations.
- Join a support group. Connecting with others facing similar challenges can help.
- Don't become isolated. Try to participate in social activities.
- Take care of yourself. Eat a healthy diet, exercise regularly and get plenty of sleep.
- Learn ways to relax and manage your stress. Why not try meditation, yoga or tai chi?
- Avoid making major decisions. When you feel depressed, you may not be thinking as clearly as you should.