

Choose Health Program

What is Depression?

Depression is a medical condition that affects a person's mood, thoughts, behavior and body. It is more than temporary sadness people normally feel when unpleasant or stressful things happen in their lives. Everyone feels sad, blue or edgy for a while. But when a person has depression, these feelings are more intense and long lasting. Life stresses and medical problems can lead to a change in the levels of normal chemicals in the brain. Symptoms and problems include:

- Not sleeping or sleeping too much
- Restlessness
- Unable to focus or make decisions
- Feeling down all the time
- Feelings of worthlessness
- Loss of energy every day
- Not eating or eating too much
- Loss of interest in favorite activities
- Thoughts of suicide

Working with your Doctor

It may seem odd to speak to your doctor about emotions, but remember depression is a medical condition. Medical doctors are trained in depression diagnosis and treatment. Your doctor needs to know about your symptoms in order to choose the best treatment for you. Tell your doctor how you are feeling. Ask questions.



Choose Health Program

The Choose Health Program is designed to give you the tools to reach your health and wellness goals. When it comes to your health and well-being, it is important to understand that mental health is part of overall health.

As a part of the program, you will have access to another health care professional, your Choose Health Coach. We will talk with you and your doctor often to make sure you have everything you need to feel your best again. We will also talk with other members of the health care team, including mental health specialists, to help with any problems that may come up. We encourage you to contact your Choose Health Coach anytime you have questions or concerns.

Choose Health Coach:

Phone Number:

Depression Education and Advocacy Resources

myStrength

www.mystrength.com

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

National Alliance for Mental Illness

www.nami.org

National Institute of Mental Illness

www.nimh.nih.gov

U.S. Department of Health and Human Services

Substance Abuse and Mental Health Services

Administration (SAMHSA)

www.samsha.gov



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TDD/TTY 1-855-742-0123

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