

## Depression

### Actions lead to better control.

Managing depression starts with you. The sooner treatment begins, the faster the recovery. Without treatment, depression can last for months or years. Treatment, including antidepressant medications, psychotherapy and/or lifestyle modification can help most people feel better within a few weeks. And, it can help prevent depression from coming back.

### In the meantime:

Do not expect to snap out of your depression. People rarely do.

Do not overdo it or get upset if your mood is not greatly improved right away. Feeling better takes time.

Help yourself as much as you can, and do not blame yourself for not being up to par.

Try to engage in mild exercise, go to a movie or a ball-game, or participate in religious or social activities.

Do not accept your negative thinking. It is part of the depression and will disappear as your depression responds to treatment.

Get help from a professional. No matter how much you want to beat it yourself, a psychologist can help you recover faster.

If you are interested in receiving additional education materials about depression management or would like to enroll in AllOne Health's Depression Management Program, please call **1-866-430-2551** or (TTY) 1-877-720-7771, weekdays, 8 a.m. to 8 p.m. EST.



1.866.430.2551  
www.myallonehealth.com

Please be sure to check your health care plan contract or employer group benefit summary to determine what health care expenses are covered.

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If you are one of the estimated millions of American adults who suffer from depressive illness, know that good management and active involvement in your health care decisions are key to controlling this disease and living a healthy and active life. AllOne Health<sup>SM</sup> offers a Depression Management Program that provides caring reassurance and support.

The AllOne Health Depression Management Program does not replace the care of your physician or other provider. Health Coaches, who are registered nurses with specialized training in mental health care, provide education and self-management tools to help you achieve the best possible quality of life. And a Health Coach is just a phone call away.

### Management begins with awareness.

Depression can affect anyone at any time. To determine if you are at risk for depression, take a few moments to review the following risk factors.

**Family History** — Having an immediate family member with depression increases the risk of developing depression.

**Early Childhood Experience** — Early childhood trauma, such as abuse or neglect, is linked to increased risk for adult depression.

**Stress** — Negative life events, such as divorce, loss of a loved one or loss of employment, are associated with increased depression.

**Alcohol** — Depression and alcoholism are often seen in the same patients at the same time. Alcohol is a depressant drug, and its presence in a depressed person has serious implications on treatment outcome.

**Marital Status** — Depression is highest among divorced, separated or cohabiting persons. People living alone have higher rates of depression than do those living with others.

**Work Status** — Research shows that people unemployed for six months or more in the last five years had a rate of depression three times that of the general population.

**Physical Illness** — Certain physical illnesses such as thyroid disorder, hormonal imbalances, chronic viral infections, cancer and heart disease are associated with depression.

**Medications** — Many medications can cause depression-like symptoms, including sedatives such as Valium (diazepam) and pain medications such as Percocet and Demerol (meperidine).

**Gender** — It is estimated that one out of every four women and one out of every 10 men experience some type of depression during their lifetime. Women also suffer from unique forms of depression related to their unique biology and life experiences.

**Age** — Most people experience their first episode of depression between the ages of 20 and 40. Alarming, recent research shows that the average age of onset is decreasing with each generation.

**Tobacco** — Increased tobacco use has been noted in depressed persons and individuals with underlying or current depressive symptoms.

### Management involves understanding.

Have you experienced any of these symptoms for more than two weeks? If you check five or more of the symptoms for depression, a physical and psychological evaluation by a physician and/or mental health specialist should be sought.

- A persistent sad, anxious or “empty” mood.
- Loss of interest or pleasure in ordinary activities, including sex.
- Decreased energy, fatigue, feeling “slowed down.”
- Sleep problems (insomnia, oversleeping, early-morning waking).
- Eating problems (loss of appetite or weight, weight gain).
- Difficulty concentrating, remembering or making decisions.
- Feelings of hopelessness or pessimism.
- Feelings of guilt, worthlessness or helplessness.
- Thoughts of death or suicide; a suicide attempt.
- Irritability.
- Excessive crying.
- Recurring aches and pains.

Most people feel down from time to time, and many people have trouble sleeping or eating. But with depression, the person has multiple symptoms that occur daily for two weeks or more. If someone has recently experienced a loss, these feelings may be part of a normal grief reaction. But, if the feelings persist with no lifting of mood, the person may need professional treatment.