

Actions lead to better control.

Managing depression starts with you. The sooner you seek treatment, the faster your depression symptoms can be controlled. Without treatment, depression can last for months or years. Treatment includes antidepressant medications, psychotherapy and/or lifestyle modification.

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.
- Stay active. 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 behavioral health professional can help you recover faster.

If you are interested in receiving educational materials about depression or would like to speak with a Depression Management Health Coach, please call **1.866.430.ALL1 (2551)** or **(TTY) 1.877.720.7771**, weekdays, 8 a.m. to 8 p.m. EST, or visit www.myallonehealth.com.

AllOne Health is here to help you.
Find out how you can get started today!

Your health is important to us and we know your privacy is important to you! Rest assured that information shared on your Health Assessment or with your Health Coach is kept private and confidential. **We will not share your personal information with your employer or anyone else (unless required by law).** We use the information you share through our Health Management programs only to help you meet your goals for better health and a healthier lifestyle!

HEALTH MANAGEMENT

Depression



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If you are one of the millions of American adults who suffer from depression, know that good management and active involvement in your health care decisions are key to controlling depression and living a healthy and active life.

AllOne Health® offers a Depression Management Program that provides caring reassurance and support.

The AllOne Health Depression Management Program does not replace the care of your doctor or other provider. Health Coaches, who are registered nurses with specialized training in behavioral 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 some 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 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 outcomes.

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 who have been 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. Alarmingly, recent research shows that the average age of onset is decreasing with each generation.

Tobacco—Increased tobacco use has been noted in depressed persons.

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



Management takes understanding.

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

- 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