You're Not Alone: Learn to Understand Depression

KNOW THE SIGNS. GET SUPPORT. FEEL BETTER.

What is depression?

Depression is a common and serious medical condition that can affect how you feel, think and act. It's more than just feeling sad or having a bad day. Depression can last for weeks or longer and make it hard to manage common happenings in daily life, like:

Work **School** **Caring for your family and more**



Depression is not your fault, and it is treatable with the right support. Getting help **can improve both your mental and physical health**.

Common signs of depression

People with depression may have some or many of these symptoms most of the day – nearly every day – for at least two weeks:

- Feeling sad, down or empty
- Losing interest in activities you once enjoyed
- Sleeping too little or too much
- Feeling tired or low on energy
- Changes in appetite or weight
- Trouble with focus or making decisions
- Feeling guilty, hopeless or worthless
- Unexplained aches and pains
- Crying often
- Thoughts of death or suicide

(continued)

Steps you can take

Taking small steps can help you **feel better** and get the **support you need**.



1 *Talk to your doctor*

Talk to your doctor! It's a great first step. They can work with you to find the care that's right for you. They can also help to guide you on your next steps based on your needs.

2 *Get screened*

Depression screening is a simple set of questions your doctor may ask to check for signs of depression. Early screening can help to:

- Find symptoms sooner
- Start treatment earlier
- Prevent symptoms from getting worse
- Improve your overall health and well-being

3 *Explore treatment options*

Know that depression is treatable, and you have options. Treatment may include:

- Talking with a counselor (therapy)
- Medication (if needed)
- A mixture of both

How to get support to find care

- Call CalViva Health Member Services toll free at **1-888-893-1569 (TTY: 711), 24 hours a day, 7 days a week.**
- Or use the CalViva Health Find a Provider tool by scanning the QR code.

SCAN ME

Get help now

- If you need help now, **please call:**
- Emergency: Call 911
- 988 Suicide & Crisis Lifeline: **Call or text 988**

No-cost Mental Health Support (Teladoc)

Get online mental health support on your phone, tablet or computer 24/7 with Teladoc. You'll find support for stress, depression, anxiety and sleep with customized content based on your needs.

Plus, your information stays private and secure.

Scan the QR code and click "*Register Now*" on the top of the page to complete your profile.

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This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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