

## Ways to help yourself feel better:

- Talk to and join in with friends, family, and peers.
- Get moving! Exercise is great for your health.
- Get involved. Volunteer, pick a fun hobby, or join a group.
- Avoid drugs and alcohol.
- Plan to deal with stress before it happens.
- Set realistic goals for yourself.

**Never stop taking any medication until told to do so by your provider.**

## Feeling Better

The key person in recovery is YOU. You and your provider should make a treatment plan based on your goals for your health.

Help your provider by:

- Talking about your feelings and progress. Tell them as much as you can.
- Writing down how the medication makes you feel.

This will help you both make better choices about your treatment. If you're ever unhappy with your treatment plan or your provider or if you feel you're not seeing results, call us.

We can help find you a new provider to work with if needed.

## Depression education and advocacy resources

National Suicide Prevention Lifeline  
1-800-273-TALK (1-800-273-8255)

National Alliance for Mental Illness  
[www.nami.org](http://www.nami.org)  
1-800-950-6264

National Institute of Mental Illness  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)  
[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

## Contact Us

We are available 24 hours a day, 7 days a week.

Please call us at: **866-896-5053**

[www.cenpatico.com](http://www.cenpatico.com)



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## What is Depression?



 **Cenpatico**  
Improving Lives.

 **CELTICARE**  
Health Plan of Massachusetts

## What is depression?

Depression is a disorder that causes someone to feel sad or unhappy over a long period of time. These emotions are more than the normal feelings of sadness we all feel sometimes.

## 14.8 MILLION AMERICANS SUFFER FROM MAJOR DEPRESSION\*

Depression is a medical problem just like cancer or heart disease. There are natural or internal causes for depression. It is very treatable.

## Depression is bad for your health

Depression affects you and those around you. It can lead to poor health or even suicide.

Studies show people with depression may also suffer from other health problems. Depression can make these problems worse. Some medical problems can make depression worse.

A person with depression may need help from an expert. Without help problems can get worse.

## Signs of a possible problem:

- Not sleeping or sleeping too much
- Restlessness
- Unable to focus or make decisions
- Feeling down all the time
- Feelings of worthlessness

- Fatigue or loss of energy every day
- Not eating or eating too much
- Loss of interest in favorite activities
- Thoughts of suicide

## Who is Cenpatico?

We manage behavioral health benefits for vulnerable populations. We help people get support for their depression. We can help you get what you need to make smart choices for your health and wellness.

Some ways we help:

- Find providers in your area
- Make referrals
- Help you make appointments



## Who offers depression services?

- Your Doctor : They can treat you or refer you to an expert.
- Psychiatrists: They are medical doctors who can give medicine.
- Nurse Practitioners: They can be experts in suicide, and can give medicine in most states.

- Therapists: They are trained in therapy and mental health testing. They can't give medicine. Some types are Psychologists, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), and Licensed Marriage and Family Therapists (LMFT).

## Depression can be treated

Up to 80 percent of people treated for depression start to feel better. Most people see relief within four to six weeks of starting medicine, therapy, support groups or a combination of treatments.\*\*

## First appointment: what to expect

Your provider will want to get to know you. They will want to know the problems you want to work on.

They may ask about your background. They want to help you find strengths and skills that will help you recover. Providers are bound by strict rules to keep your data private. What you tell your provider helps them create the right treatment plan for you.

## Your role in treatment

A treatment plan is made by you and your provider and may include:

- Medicine
- Personal or family therapy
- Support from friends, family, and peers
- Talking with other providers

Sometimes more intense services may be needed to reach your wellness goals.

\*(National Institute of Mental Health, 2005)

\*\* (National Institute of Health, 1998)