



Blue Care
Network
of Michigan

A nonprofit corporation and independent licensee
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Depression

Depression

What is depression?

Depression is a common medical condition that can change how you feel, think and act. Depression is treatable. If you or someone you know struggles with feelings of sadness, unrelieved stress or fatigue that won't go away, there is help.

What causes depression?

An episode of depression can be triggered by:

- ◆ Stressful life events
- ◆ Physical illness/chronic illness
- ◆ Medications
- ◆ Hormone levels
- ◆ Alcohol or drug use

Sometimes depression can occur for no reason at all.

See your physician or mental health professional if you experience five or more of the following symptoms for more than two weeks:

- A persistent sad or anxious mood
- Sleeping too much or too little
- Changes in weight or appetite
- Loss of pleasure or interest in activities

(continued on other side)



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- Feeling restless or irritable
- Persistent physical symptoms that don't respond to treatment
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death
(contact your physician or behavioral health professional immediately)

How to get help

Whatever the cause may be, depression is treatable.

- ◆ Call your primary care physician for an evaluation that can help diagnose depression and rule out other health conditions or medicines that may be the cause.
- ◆ Call a behavioral health specialist available 24 hours a day, seven days a week. You do not need a referral from your primary care physician to access behavioral health services. Blue Care Network members call 1-800-482-5982.

Source: National Institute of Mental Health