

Depression and Suicide

Know the Warning Signs

Symptoms of Depression

Anyone can experience depression—at any time. And, sometimes, tragic events or losses can trigger it or make it worse. Depression affects both the mind and the body, and can interfere with day-to-day activities. How can you tell if you or someone you know has depression? Common symptoms include:

- Loss of interest or pleasure in activities that once were enjoyed
- Withdrawing from friends or family
- Feeling tired
- Significant appetite and weight change
- Feelings of hopelessness, worthlessness or excessive guilt
- Lack of energy or motivation
- Trouble thinking straight, remembering or making decisions
- Feeling sad, agitated or empty
- Frequent crying
- Sleep problems, including inability to sleep, oversleeping or waking often
- Thoughts of death or suicide

If you or someone you know has symptoms for two or more weeks, seek help. Get help immediately for thoughts of suicide or suicidal behavior.

Suicidal Behavior

Suicidal thoughts or feelings should *always* be taken seriously. In addition to showing signs of depression, here are other signs to look for that indicate a person may be suicidal:

- Making comments about death or wanting to die; talking about suicide
- Making helpless or hopeless statements
- Creating a will, giving away prized possessions or saying, “goodbye” to loved ones
- Taking unnecessary risks
- Impulsive behavior and rapid mood swings
- Increasing the use of alcohol or drugs

If you're concerned about yourself or a loved one, don't hesitate to get help. You can call Care24 any time—day or night—to speak with a caring counselor.

Care24 1-888-887-4114

TDD/TTY callers, please call the National Relay Center
at 1-800-855-2880 and ask for 1-888-887-4114.

www.myuhc.com