

# Depression: Know the Facts

## What is depression?

We all feel sad at times. However, when feelings of sadness or emptiness don't go away and start to interfere with day-to-day activities, you may be experiencing depression. Depression is a condition that can affect you emotionally and physically. It's extremely common. And, while it often runs in families, anyone can suffer from it, at any time. Depression is something you can't just "snap out of." But, professional treatment—and support from loved ones—can help you get back on track.

## Signs and Symptoms

Depression can affect people in different ways. How can you tell if you or someone you know is depressed? Look for major changes in behavior and attitude, including:

- Loss of interest or pleasure in activities that were once enjoyed
- Feeling tired, loss of appetite, weight change, headaches and body pains
- Feelings of guilt, hopelessness or worthlessness
- Lack of energy or motivation
- Trouble remembering or making decisions
- Feeling sad, anxious or empty
- Sleep problems, including inability to sleep, oversleeping or waking often
- Frequent crying
- Thoughts of suicide

**If these symptoms last for two or more weeks, seek professional help.  
If you or someone you know is suicidal, get help immediately.**

## Getting Help

When symptoms are mild, exercising regularly, doing things you enjoy and limiting alcohol may bring relief. Try to maintain a regular pattern of daily activities. Avoid taking time off from work or school to cope with your depression. Decreased activity may actually make depression worse. It's also important to talk with a mental health professional who can offer support and strategies to help you deal with your emotions. Family or friends can provide support and assistance, too.

If your symptoms don't go away, or get worse, see your doctor. For serious cases, prescription medications can help. Talk with your doctor about what treatment options may be right for you.

Sometimes, people with depression feel so helpless that they don't want to get help—or don't think it will help. It's important to provide them with much-needed love and encouragement. If you think you or someone you know has depression, call Optum® to talk with a caring, professional counselor. You also may get referrals to counselors in your area.

**With myuhc.com®, UnitedHealthcare's innovative consumer website, United participants can access an array of health information that will help answer important health related questions.**

**To learn more about depression or other health issues, United participants can call Care24 any time—24 hours a day.**

**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**