

Do you have health questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:

(888) 275-8750

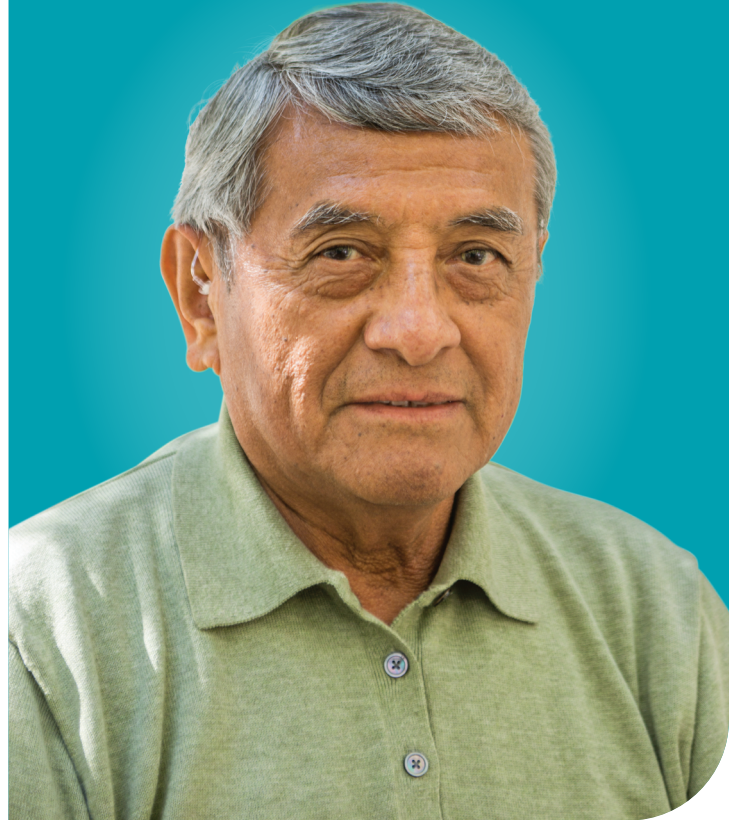
Español:

(866) 648-3537

TTY/TDD:

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Depression

What is depression?

Depression is a medical illness that affects mood, thought, behavior and general health.

What are the symptoms of depression?

- Changes in sleep: You sleep more or less than normal.
- Changes in eating habits: You eat more or less than normal. You may gain or lose weight.
- Poor focus: You cannot make decisions or finish reading a short article.
- Loss of energy: You cannot complete daily tasks.
- Lack of interest: You lose interest in doing things that you once enjoyed.
- Low self-esteem: You dwell on past failures.
- Feeling guilty or hopeless: You think your life will never get better.
- Changes in movement: You move slowly or frantically.
- Thoughts of death: You often think of death or harming yourself.



Can I get better?

Yes! Medicine and “talk therapy” can help your depression. You and your provider can work together to find other things you can do to help you get better.

Who suffers from depression?

Anyone can suffer from depression. It is a serious illness requiring treatment.

Do you think you suffer from depression?

Talk to your provider. You can get help and feel better.