

## 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:

**711**

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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.