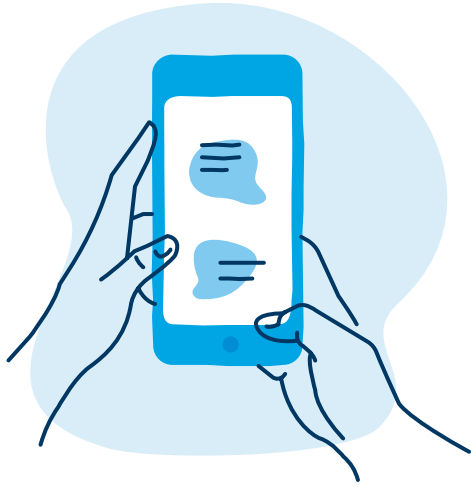


# Around 21 million U.S. adults have depression.\*

## Asking for help is the first step.



\*Source: Substance Abuse and Mental Health Services Administration

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请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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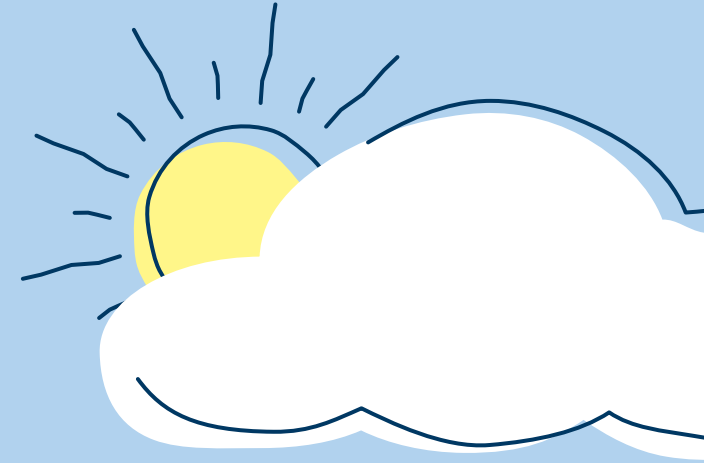
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Because Life.™

# How to deal with depression

## and start feeling like you again.



## Spotting the signs of depression

Depression is more than just “feeling blue.” We all feel sad now and then, but the feeling usually goes away with time. When sadness sticks around, that may be a sign you’re experiencing depression. Symptoms to look for include:

- Loss of interest in activities you used to enjoy.
- Decreased or increased appetite or weight.
- Increased fatigue, difficulty sleeping, or oversleeping.
- Thoughts about death or suicide.\*

It’s important that you reach out to your doctor if you have feelings of sadness, guilt, or hopelessness for more than two weeks. We know mental health can be a sensitive subject, but taking charge of your treatment can help you manage your condition so it doesn’t manage you.

**If you’re having suicidal thoughts, call the 988 Suicide & Crisis Lifeline at 988, call 911, or go to the nearest emergency room.\***

## Your treatment plan

Your treatment plan for depression will be completely unique to you. Some people use talk therapy, take medications — or use a combination of both. Let’s take a look at each.

- Talk therapy, or psychotherapy, is when you work with a behavioral health professional to identify the factors that may be causing your depression. Keep in mind that you may be able to talk to a therapist online if your Highmark plan covers virtual therapy as an outpatient behavioral health visit.
- Medications like antidepressants can improve how your brain manages the chemicals that control your mood and stress levels. They can take time to kick in, but people typically start noticing positive changes after about four to six weeks of continuous therapy. Highmark’s drug formulary covers many of these medications, some for as low as \$0, depending on your plan.

## Other ways you can get help

### Case manager

If your plan has this benefit, you can connect with a behavioral health case manager who will:

- Answer questions about your diagnosis, medications, and treatment plan.
- Direct you to a counselor and help make appointments.
- Serve as a go-between for you, your doctor, hospital, and community resources.

## Pharmacy benefits

If your plan includes prescription drug benefits, check to see if your medications are covered. A pharmacist can:

- Explain which drugs need prior authorization from your plan.
- Help you avoid drug interactions and duplications.
- Help you get the medications at an affordable price.

## Still have questions?

For preventive care and benefit information, call the Highmark Member Service number on the back of your ID card.

Remember, these are just general guidelines. For more personal help, talk to your health care provider.

