



Know the Facts: You can help yourself when you are feeling depressed!

Depression is a medical condition that affects behavior, feelings, thoughts and your body. You can get help to manage this condition!

Symptoms of Depression:

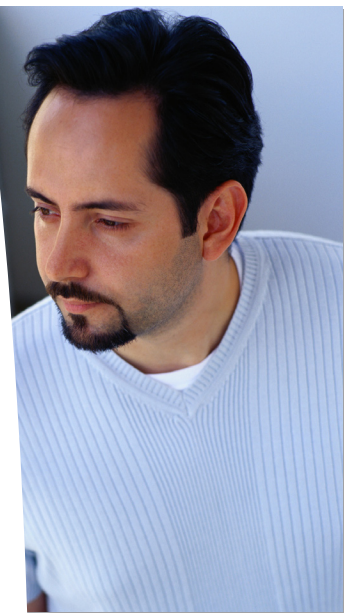
- Persistent sadness, anxious or empty mood
- Feelings of hopelessness and negativity
- Feeling guilty, helpless and worthless
- Loss of interest in activities or hobbies that were once enjoyed
- Decreased energy, fatigue, feeling “slowed down”
- Trouble concentrating, focusing, or remembering
- Difficulty making decisions
- Trouble sleeping or sleeping all of the time
- Increased appetite with weight gain or loss of appetite with weight loss
- Thoughts of death or suicide
- Restlessness or irritability and/or being easily angered

If you have any of these symptoms for two weeks, further screening for depression is needed. Call your health care provider or contact Healthy Together! at 1-888-545-1710 and ask to speak with a Health Coach.

10 tips to help you:

1. Set realistic goals and take responsibility for your own wellbeing.
2. Make a plan for every day. List things you need to do like getting dressed, keeping appointments and things you want to do such as visiting a friend or seeing a movie.
3. Don't make major life decisions such as changing jobs, moving, or getting married or divorced when you are depressed.
4. Share your feelings with someone like a family member, friend, counselor or talk to your support group.
5. Even if you don't feel motivated, get involved in social, religious or other activities.
6. Get regular exercise; consider walking, dancing or swimming.
7. Keep up your personal hygiene. Looking good may help you feel better.
8. Eat a healthy diet. If you don't feel hungry, eat small snacks rather than large meals. If you tend to over eat, keep plenty of fresh fruits and veggies to snack on.
9. Avoid drinking alcohol, using illegal drugs or taking medications that were not prescribed to you. They can cause dangerous side effects or interfere with your antidepressants.
10. Get adequate sleep. Go to bed and get up at the same time every day. Avoid over-the-counter sleeping pills or alcohol. These can make you restless and may interact with your depression medications.

Be patient and kind to yourself. Depression is not your fault and is not something you can overcome with willpower alone. Treatment is necessary for depression, just like it is for any other illness.



Therapy, counseling and antidepressant medication are the most effective treatments for depression, but home treatment is also important.

Call these people who can talk to you about your feelings:

- Call the **Healthy Together!** nurse support line 24 hours a day at toll-free at 1-888-545-1710
- Call the National Alliance on Mental Illness (NAMI) at 1-888-882-4968
- Call the Wyoming Behavior Institute Crisis Hotline toll free at 1-800-457-9312
- Visit <http://wind.uwyo.edu/connect/pathways.asp> for information on local support groups, addiction specialists, and other community resources
- Visit the website http://www.psych.org/public_infor/lets_talk/talk_facts.com for information on a variety of depression and behavioral health topics
- For practical advice to parents of children and adolescents struggling with depression visit <http://www.parentsmedquide.org>

Sources:

www.healthwise.net/apshealthcare/Content/StdDocument.aspx?DOCHWID=hw30709&SECHWID=hw30711

www.nimh.nih.gov/publicat/depression.cfm

**Call 1-888-545-1710 to speak to a nurse 24-hours a day or
visit www.WYHealthyTogether.com**

Disclaimer: Information or education provided in this fact sheet is not intended to replace medical advice from your healthcare provider. The information provided on this fact sheet is not all-inclusive of this topic.

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health, and assistance in coordinating care among multiple providers. **Healthy Together!** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.

