

Anxiety and depression in adults



What is depression?

Depression is more than just feeling down or having a bad day. When a sad mood lasts for a long time and interferes with normal, everyday functioning, you may be depressed.

Symptoms of depression include:¹

- Eating more or less than usual or having no appetite
- Experiencing aches, pains, headaches, or stomach problems that do not improve with treatment
- Feeling guilty, worthless, or helpless

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- Feeling irritable, easily frustrated, or restless
- Feeling sad or anxious often or all the time
- Feeling tired, even after sleeping well
- Having trouble concentrating, remembering details, or making decisions
- Having trouble falling asleep or staying asleep
- Not wanting to do activities that used to be fun
- Thinking about suicide or hurting yourself
- Waking up too early or sleeping too much

Causes

Researchers do not know what causes depression. Everyone is different, but the following factors may increase a person's chances of becoming depressed:²

- A combination of genetic, biological, environmental, and psychological factors³
- Experiencing:
 - Physical or sexual abuse
 - The death of a loved one
 - Traumatic or stressful events
 - Financial problems

- Going through a major life change, planned or unplanned
- Having blood relatives who have had depression
- Having a medical problem, such as:
 - Cancer
 - Chronic pain
 - Stroke
- Taking certain medications
- Using alcohol or drugs

Treatment

Treatment for depression can:

- Help reduce symptoms
- Shorten how long the depression lasts
- Include getting therapy and/or taking medications

Talk to your healthcare provider about the treatment that may be right for you.

Therapy

Many people benefit from psychotherapy—also called therapy or counseling.^{4,5} Most therapy lasts for a short time and focuses on:

- Thoughts
- Feelings
- Issues happening in your life now

During therapy, you'll work with your therapist to:

- Change behaviors causing problems
- Cope with stress
- Find solutions
- Get healthier

- Have healthier relationships with friends and family
- Identify what worsens your depression
- Learn skills to help you cope with life
- Overcome fears or insecurities
- Understand why something bothers you and create a plan for dealing with it

Medication

Many people with depression find that taking prescribed medications called antidepressants can help improve their mood and coping skills. If your doctor writes you a prescription for an antidepressant, ask exactly how you should take the medication. Several antidepressant medications are available, so you and your doctor have options. Sometimes it takes several tries to find the best medication and the right dose for you, so be patient.

Keep in mind the following important information:

- Follow the instructions on how much medication to take
- Talk to your doctor if you are pregnant or become pregnant while taking an antidepressant
- Stop taking medication only after getting your doctor's approval



Depression and Suicide: Getting help in a Crisis

Some people who are depressed may think about hurting themselves or committing suicide (taking their own life). If you or someone you know is having thoughts about committing suicide, please seek immediate help. The following resources can help:

- Dial **911**
- Call **800-273-TALK (8255)** to reach a 24-hour crisis center that provides free, confidential help to people in crisis
- Call your mental health provider
- Contact a minister, spiritual leader, or someone else in your faith community
- Get help from your primary doctor or other healthcare provider
- Reach out to a close friend or loved one

Sources

1. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, American Psychiatric Association (2013), Arlington, VA: American Psychiatric Publishing, accessed March 22, 2018.
2. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition.
3. R.H. Belmaker, and G. Agam, “Major Depressive Disorder,” *New England Journal of Medicine* 358 (2008) 355–368, accessed March 22, 2018.
4. Practice Guidelines for the Treatment of Patients with Major Depressive Disorder, Third Edition, American Psychiatric Association (2010), Arlington, VA: American Psychiatric Publishing, accessed March 22, 2018.
5. J.R.T. Davidson, “Major Depressive Disorder Treatment Guidelines in America and Europe,” *Journal of Clinical Psychiatry* 71 (2010, Suppl. E1, no. e04), accessed March 22, 2018.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-480-1825 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important!

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- You may file a complaint, also known as a grievance:
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If you need help filing a grievance, call **800-480-1825** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **800-480-1825 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

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Language assistance services, free of charge, are available to you.
800-480-1825 (TTY: 711)

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Kreyòl Ayisyen (French Creole): Rele nimewo ki endike anwo a pou resevwa sèvis éd gratis nan lang.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

Italiano (Italian): Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

Diné Bizaad (Navajo): Wóda hí béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jik'eh saad bee áká'ánída'áwo'déé níká'adoowot.

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.