



What is depression?

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Depression is a disorder that causes someone to feel sad or unhappy over a long period of time. These emotions are more intense than general feelings of sadness we all feel sometimes. Depression is a medical problem just like diabetes or heart disease. There are many different causes for depression and it is very treatable.

Depression is bad for your health

Depression affects you and those around you. It can lead to poor health or even suicide. Studies show people with depression may also suffer from other health problems. Depression can make these problems worse. Some medical problems can make depression worse. A person with depression may need help from an expert. Without help problems can get worse.

SIGNS OF A POSSIBLE PROBLEM:

- Not sleeping or sleeping too much
- Restlessness
- Unable to focus or make decisions
- Feeling down all the time
- Feelings of worthlessness
- Fatigue or loss of energy every day
- Not eating or eating too much
- Loss of interest in favorite activities
- Thoughts of suicide

Who offers depression services?

- **Your Doctor:** They can treat you or refer you to an expert.
- **Psychiatrists:** They are medical doctors who give medicine and provide therapy.
- **Nurse Practitioners:** They are nurses with medical certification who give treatment and care to patients. They can prescribe depression medicine in Georgia.
- **Therapists:** They can provide therapy, but do not prescribe medicine. Some types are Psychologists and Licensed Professional Counselors (LPC). They can also be Licensed Clinical Social Workers (LCSW) and Licensed Marriage and Family Therapists (LMFT).

Depression can be treated

14.8 million Americans suffer from major depression.**
Most people treated for depression start to feel better.
Most people see relief within four to six weeks of treatment.
Treatment can include medicine, therapy, support groups or a combination of treatments.*

*(National Institute of Mental Health, 1998)

** (National Institute of Mental Health, 2005)

What to expect at your first appointment:

Your provider will want to get to know you and what problems you want to work on. They may ask you about your background and want help in finding your strengths and skills. Providers are bound by strict rules to keep your information private. What you tell your provider helps them to create the right treatment plan for you.

Your role in treatment

A treatment plan is made by you and your provider and may include:

- Therapy
- Education about depression
- Engagement & treatment
- Life style changes
- Medicine
- Support from friends, family, and peers
- Talking with providers you see.
- Ways to help yourself feel better:
- Talk to and join in with friends, family, and peers.
- Get moving! Exercise is great for your health.
- Get involved. Volunteer, pick a fun hobby, or join a group.
- Avoid non-prescribed drugs and alcohol.
- Plan to deal with stress before it happens.
- Set realistic goals for yourself.

Feeling better

The key person in recovery is YOU. You and your provider should make a treatment plan based on your goals for your health.

HELP YOUR PROVIDER BY:

- Talking about your feelings and progress. Tell them as much as you can.
- Writing down how the medicine makes you feel.
- This will help you both make better choices about your treatment. If you're ever unhappy with your treatment plan, your provider or results, call us. We can help find you a new provider to work with if needed.

Depression education and advocacy resources

GA Behavioral Health Crisis Line: 1-800-715-4225
www.behavioralhealthlink.com

National Suicide Prevention Lifeline: 1-800-273-TALK
(1-800-273-8255)

National Alliance for Mental Illness
www.nami.org • 1-800-950-6264

National Institute of Mental Illness: www.nimh.nih.gov

U.S. Department of Health and Human Services (DHHS)
www.hhs.gov

Substance Abuse and Mental Health Services Administration (SAMHSA) www.mentalhealth • www.samhsa.gov

Contact us

Peach State Health Plan provides integrated quality physical and behavioral health services to our members. Our integrated services strive to address the whole person and ensure our members have better health outcomes.

For questions regarding benefits or finding a provider please call **1-800-704-1484**. To speak with someone right away regarding your symptoms, please call **1-800-504-8573**.



Statement of Non-Discrimination

Peach State Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Peach State Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Peach State Health Plan:

Provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Peach State Health Plan at 1-800-704-1484 (TTY/TDD 1-800-255-0056).

If you believe that Peach State Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Peach State Health Plan Complaints Department, 1100 Circle 75 Parkway, Suite 1100, Atlanta, GA 30339, 1-800-704-1484 (TTY/TDD 1-800-255-0056), Fax 1-855-678-6982. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Peach State Health Plan is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019, 1-800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Language Assistance

Interpreter services are provided free of charge to you. Peach State Health Plan has a telephone language line available 24 hours a day, 7 days a week. Are you hearing impaired? If so, we can help you. Call: TTY/TDD 1-800-255-0056.

Español (Spanish):

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Peach State Health Plan, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-704-1484 (TTY/TDD 1-800-255-0056).

Tiếng Việt (Vietnamese):

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Peach State Health Plan, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-800-704-1484 (TTY/TDD 1-800-255-0056).

한국어 (Korean):

만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Peach State Health Plan 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-800-704-1484 (TTY/TDD 1-800-255-0056) 로 전화하십시오.

中文 (Chinese):

如果您，或是您正在協助的對象，有關於 Peach State Health Plan 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-800-704-1484 (TTY/TDD 1-800-255-0056)。

ગુજરાતી (Gujarati):

જે તમને અથવા તમે જેમની મદદ કરી રહ્યા હોય તેમને, Peach State Health Plan વિશે કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વિના તમારી ભાષામાં મદદ અને માહિતી પ્રાપ્ત કરવાનો અધિકાર છે. દુભાષિયા સાથે વાત કરવા માટે 1-800-704-1484 (TTY/TDD 1-800-255-0056) ઉપર કોલ કરો.

Français (French):

Si vous-même ou une personne que vous aidez avez des questions à propos d'Peach State Health Plan, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-800-704-1484 (TTY/TDD 1-800-255-0056).

አማርኛ (Amharic):

እርስዎ ወይም እርስዎ የሚርዱት ሰው ስለ Peach State Health Plan ግብር ጥያቄ ካለዎት ያለምንም ወጪ በቋንቋዎ ድጋፍ እንዲሁም መረጃ የማግኘት መብት አለዎት፤ እስተርጓሚ ለማነጋገር በ 1-800-704-1484 (TTY/TDD 1-800-255-0056) ይደውሉ፤

हिंदी (Hindi):

आप या जिसकी आप मदद कर रहे हैं उनके, Peach State Health Plan के बारे में कोई सवाल हों, तो आपको बिना किसी खर्च के अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। किसी दुभाषिये से बात करने के लिए 1-800-704-1484 (TTY/TDD 1-800-255-0056) पर कॉल करें।

Kreyòl (French Creole):

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou Peach State Health Plan, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-800-704-1484 (TTY/TDD 1-800-255-0056).

Русский язык (Russian):

В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Peach State Health Plan вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-800-704-1484 (TTY/TDD 1-800-255-0056).

:Arabic (العربية)

إذا كان لديك أو لدى شخص تساعده أسئلة حول Peach State Health Plan، لديك الحق في الحصول على المساعدة (0056-255-800-1 704-800-1-تكاليف). للتحدث مع مترجم اتصل بـ 1484 والمعلومات الضرورية بلغتك من دون أية TTY/TDD).

Português (Portuguese):

Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Peach State Health Plan, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-800-704-1484 (TTY/TDD 1-800-255-0056).

:Persian (فارسی)

دارید، از این حق برخوردارید که اگر شما، یا کسی که به او کمک می کنید سوالی در مورد Peach State Health Plan را بصورت رایگان به زبان خود دریافت کنید. کمک و اطلاعات 704-800-1-ردن با مترجم با شماره 1484 برای صحبت ک تاس بگیری. (0056-255-800-1 TTY/TDD)

Deutsch (German):

Falls Sie oder jemand, dem Sie helfen, Fragen zu Peach State Health Plan hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-800-704-1484 (TTY/TDD 1-800-255-0056) an.

日本語 (Japanese):

Peach State Health Plan について何かご質問がございましたらご連絡ください。ご希望の言語によるサポートや情報を無料でご提供いたします。通訳が必要な場合は、1-800-704-1484 (TTY/TDD 1-800-255-0056) までお電話ください。