

Know the Signs and Symptoms of Depression

Everyone feels down at times. The blues are part of life. But being sad for more than two weeks may be a sign of **depression**. Depression is a serious disease. It can be treated. Get help if you or someone you know is depressed.

Signs of Depression

People who are depressed may:

- Feel sad, blue, or down every day.
- Feel helpless, hopeless, or worthless.
- Lose interest in friends and things that used to make them happy.
- Not sleep well or sleep too much.
- Gain or lose weight.
- Feel tired all the time.
- Have body aches and pains.



Warning Signs

Warning signs for suicide include:

- Threats or talk of suicide (killing oneself).
- Giving away their things or making a will.
- Buying a gun.
- Sudden, unexplained cheerfulness or calm after a time of depression.

Getting Help

People who are depressed can get better. Talk to your doctor. Medication may be needed. L.A. Care members can get mental health counseling through Beacon Health Strategies. Learn more by calling 1-877-344-2862 for Medicare Advantage (HMO SNP) or 1-877-344-2858 (TTY/TDD 1-800-735-2929) for Healthy Kids, Healthy Families and PASC-SEIU Plan. You can also call the Department of Mental Health at 1-800-854-7771

For accommodation of persons with special needs, call **1-888-439-5123** or
TTY **1-866-522-2731**.