

TIPS FOR TEENS³

How to deal with depression



Learn all you can. Learn about different medications and treatments.



Talk to others. Open up. Be honest about how you are feeling. Keeping quiet can leave you feeling isolated and alone.



Recognize early symptoms. Identify the factors that cause you to become depressed. Get the help you need as soon as possible.



Partner with your health care providers. Develop trust and communicate openly. Give them the information they need to help you recover. Talk about your symptoms, reactions to medications and triggers.



Avoid drugs and alcohol. They can make you more emotional. They can also interact with your medications. You may think they will help lighten your mood but using them can block your recovery.



Get healthy. Eat well and exercise. To relieve stress, try activities like meditation, yoga or Tai Chi.

³ NAMI.org

GETTING HELP

Mental health services⁴ are offered to FirstCare members.

For help, call us at

1-800-327-6943.

(STAR and CHIP members call 1-800-327-6934). We're open 24 hours a day, 7 days a week.

You do not need a referral to get help from FirstCare. Our customer service agents speak both English and Spanish. If you speak another language, we can connect you with an interpreter.

⁴ Not covered for FirstCare CHIP Perinate members.

Let's talk about
Depression

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WHAT IS DEPRESSION?

Depression does not mean you are weak or any less of a person. You should not feel ashamed. Depression is a treatable illness. It can be caused by an imbalance of brain chemicals. This imbalance could be a result of the genes you were born with. Depression can also result from a stressful environment. The exact causes of depression are unknown. But, what researchers do know is that:

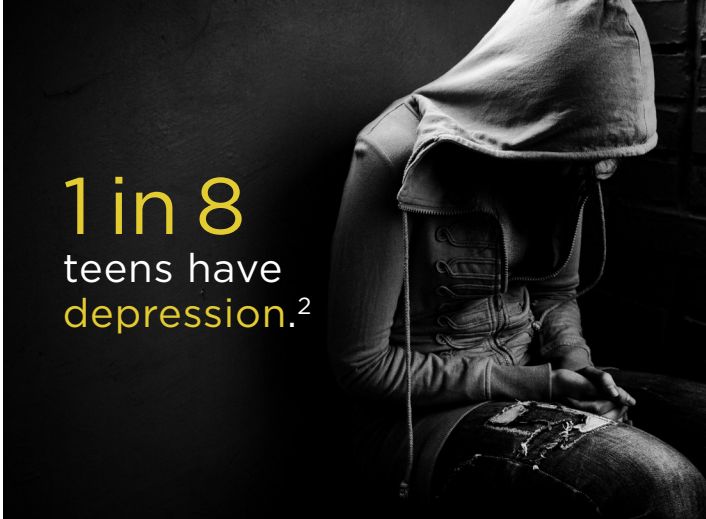
Genetics, a stressful environment, or life experience play a role in bringing about depression.

SYMPTOMS OF DEPRESSION¹

- Always sad
- Crying for no reason
- Changes in appetite or sleep patterns
- Feeling irritated, annoyed or angry
- Feeling worried or nervous
- Feeling negative or unconcerned
- Feeling guilty or worthless
- Loss of energy
- Always tired
- Unable to concentrate
- Difficulty with making decisions
- Loss of interest in activities or social settings
- Withdrawal from friends
- Unexplained aches and pains
- Recurring thoughts of death or suicide

¹ dbsalliance.org

² US Department of Health and Human Services




1 in 8
teens have
depression.²

KNOW THE FACTS

- Women suffer from depression twice as much as men. (dbsalliance.org)
- In 2015, around 3 million teens in the U.S. had at least one episode of depression in the past year. (NIMH.nih.gov)
- Teens with a depressed parent are up to 4 times more likely to become depressed themselves. (medicinenet.com)
- Teenage boys are less likely to get help or recognize that they have depression. (teendepression.org)
- Major depression is the leading cause of disability worldwide among people age 5 and older. (World Health Organization)
- 30% of teens with depression also develop a drug or alcohol problem. (teendepression.org)
- Most teens with depression will suffer from multiple episodes. (teendepression.org)
- Untreated depression is the number one cause of suicide. (orchardplace.org)

TREATMENT

- Less than 33% of teens with depression get help. But, 80% of teens with depression can be treated if they get help. Many clinics offer free or discounted treatment for teens with depression. (dbsalliance.org)
- Up to 80% of those treated for depression show an improvement within 4 to 6 weeks of beginning treatment. This includes medication, therapy, and/or support groups. (dbsalliance.org)
- Antidepressants can help control symptoms. It can take 2 to 4 weeks to begin taking effect, and up to 12 weeks to reach its full effect. You may have to try different doses or medications to find what works for you. (NAMI.org)
- Interpersonal therapy and cognitive behavioral therapy are common types of therapy used to treat teen depression. These can take weeks to months to complete. (medicinenet.com)



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