

# The Truth About Depression



## Depression is not a “normal” part of life

It is true that life is full of ups and downs. But feelings of hopelessness that won't go away may be a sign of depression. Depression can affect anyone and is not something you can just “snap out of.” It is a serious condition that may be induced by difficult life events, genetics, or even a physical illness, such as cancer or heart disease. It may even occur for no apparent reason.

## Depression is not a sign of personal weakness

As common as the winter flu, depression affects almost 19 million adults in the U.S. every year. Most people don't seek the professional help they need either because they don't know the symptoms, they think it will go away on its own or are embarrassed to talk about how they're feeling. But depression is treatable. In fact, according to the National Mental Health Association, depression can be effectively treated in 80 percent of all cases.

## Symptoms of depression are different for everyone

There is no single sign of depression and the symptoms may appear differently in everyone. Some symptoms to watch for include:

- Sadness or feelings of emptiness
- Loss of interest or pleasure in daily life or activities previously enjoyed
- Insomnia or excessive sleeping
- Difficulty concentrating or making decisions
- Recurring aches and pains that seem to have no physical cause
- Excessive weight loss or gain
- Thoughts of death or suicide

## Confidential help is available

If you or someone you know is experiencing some of these symptoms for two weeks or longer, call United Behavioral Health for confidential support by dialing the toll-free number on your member ID card. We're always here to help.

## Online Preventive Help Program

UBH's free, online Preventive Health Program for Depression focuses on early detection, treatment and overall understanding of depression. The program features a self-appraisal, in-depth articles, a list of support resources, and contact information for UBH. It is completely confidential. Access the Preventive Health Program at [www.liveandworkwell.com/prevention/depression](http://www.liveandworkwell.com/prevention/depression).