

Let's talk about Depression

Depression is a serious mental health condition where people's moods are negatively affected. It is considered disabling because it prevents individuals from successfully carrying out activities of daily living. The most common causes of depression are related to physical, mental, social, economic, and environmental factors such as: heredity, physical, mental illness, the loss of a loved one, family or couple problems like economic difficulties among others.

Some symptoms or signs of depression are:

- Constant feeling of sadness or “empty”.
- Changes in sleep patterns.
- Changes in appetite or weight.
- Social isolation.
- Difficulty to focus.
- Feeling restless or irritable.
- Thoughts about death or suicide.
- Suicide attempts.

How is depression diagnosed and treated?

Depression should be evaluated and diagnosed by a mental health professional. These clinical specialist will perform a series of tests to identify and assess regarding one or more mental health conditions. Also, will be able to determine if certain medications you are taking may could affect your mood. Traditionally, depression is treated with psychological help and with the use of medications such as antidepressants and anxiolytics, which are prescribed by a psychiatrist. If you understand that you are not feeling well emotionally, seek help. There are always resources that can support you to get ahead. **Remember:** Asking for help is not a sign of weakness but of strength.

Additional recommendations to support the management of depression:

- Keep your annual appointments with your PCP.
- Contact a Mental Health Professional.
- Join a support group in your Community.
- Ask your work if they have an Employee Assistance Program to receive psychological support.

- In case of an emergency, call 9-1-1 or the PAS line at 1-800-981-0023 for assistance in managing your emotional health.



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with emotional and physical concerns that occur during and after medical treatment, visit your Primary Care Physician (PCP), or contact:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

Mayo Clinic. (2021). major depression Retrieved from: <https://www.mayoclinic.org/es-es/diseases-conditions/depression/diagnosis-treatment/drc-20356013>

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