

Facts about anxiety

- Anxiety disorders are the most common mental health concern in the United States.
- An estimated 40 million adults have an anxiety disorder.
- About 8% of children and teens have an anxiety disorder.
- Most people get symptoms before age 21.
- Different types of anxiety disorders exist, but they have one thing in common: constant, unnecessary fear or worry when there is no danger.
- Anxiety can be treated and people can feel better with the care that's right for them.

Facts about depression

- 19 million people per year suffer from depression.
- 1 in 4 women will have depression during their lifetime.
- 1 in 7 men will have depression during their lifetime.
- 1 in 10 women will have depression in the few months after having a baby.
- Depression can affect how well you can take care of other illnesses, such as diabetes or asthma.
- Depression can be treated.
- People with depression can feel better with the right treatment.

Resources

This is for learning purposes only. For personal health care advice, speak with a licensed health care provider. Please call your health plan below:

Cooks Children's Health Plan

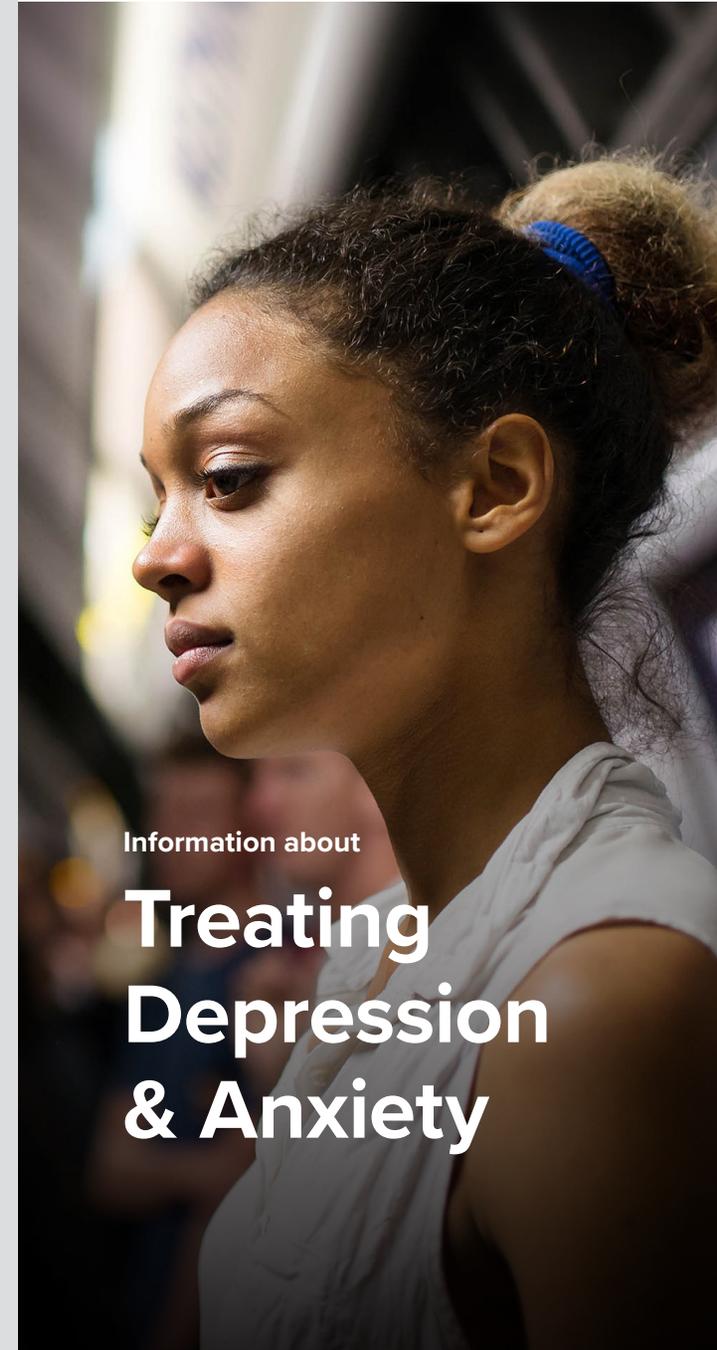
☎ **1-855-481-7045**

TTY

☎ **711**

Este folleto se halla disponible también en Español. Llame a su plan de salud para solicitar una copia.

beaconhealthoptions.com



Information about

Treating Depression & Anxiety

What is depression?

Depression is an illness that can affect your body, mood and thoughts. Depression is when you feel sad or down most of the time. It is not a passing “blue mood.”

Some Signs of Depression are:

- Feeling guilty, worthless, or hopeless
- Feeling “empty”
- Eating or sleeping too little or too much
- Loss of interest or pleasure in things you like to do
- Having problems thinking or making decisions
- Having thoughts of death and suicide

If you often have these kinds of thoughts or problems, it could be a sign of depression. If you have signs of depression, you can talk with your doctor, nurse, or a counselor.

What is anxiety?

Anxiety is a group of disorders that can cause your body and mind to feel bad in different ways. A common symptom is worrying too much. If you find that these feelings are only getting worse, anxiety can be harmful to your health. It can cause things such as

- Tingling in your arms and legs
- Rapid heartbeat even when you sit or rest
- Finding it hard to make decisions, pay attention or sleep

- High blood pressure
- Sweating or having a headache

Treatment for depression and anxiety

Counseling

Most people who have depression and/or anxiety get better with counseling, medication, or both. Counseling can be done individually or in a group and can help improve your mood. It can also help you figure out what brings on your depression and/or anxiety and help you find ways to get better.

Medication

There are several different types of medicines to help with depression and anxiety. Your doctor or nurse will work with you to choose the one that’s right.



Ask yourself

If you think you or someone you know might have depression, here are two questions that may help you talk with a doctor, nurse, or counselor:

- Over the past two weeks, have you felt down, depressed, and/or nervous or fearful?
- Over the past two weeks, have you felt little interest or pleasure in doing things or trouble relaxing? If you answered yes to either of these questions:

It is important to talk to your primary care doctor, nurse, or go to see a counselor.

If you have thoughts of hurting yourself, call 911, go to the emergency room, or get help right away from a doctor, nurse, or counselor. This can be a very dangerous situation that needs treatment immediately.

Treatment can help

If you are not in treatment and want counseling or medication, you can go to a counselor, doctor or nurse, and you don’t need a referral. If you need help finding someone in your area, please call Beacon Health Options (see back panel for phone numbers).

Remember to keep your appointments and take your medication exactly as your doctor or nurse tells you, even if you are feeling better. Always tell your doctor or nurse exactly how you are feeling.