

# Depression and Anxiety



800.508.2581

## DEPRESSION

Depression is an illness. It is a feeling of sadness or hopelessness that does not go away in just a few hours or days. Anyone can have depression.

Depression can be caused by many things:

- Major events in your life
- Stress
- Being sick often
- Some medications
- Alcohol or drug abuse
- History of depression in your family

## SIGNS OF DEPRESSION:

- Getting too much or too little sleep
- Crying a lot
- Having no interest in eating
- Eating too much
- Having trouble paying attention
- Talking about death or trying to kill yourself
- Feeling very sad or hopeless
- Feeling shaky
- Having no interest in friends or family
- Having trouble concentrating

## ANXIETY

People with anxiety feel afraid or nervous most of the time. They may feel anxious about just getting through the day. They may think things will always go wrong. Worry can keep people from doing everyday tasks. There is no real cause for anxiety.

## SIGNS OF ANXIETY:

- Can't relax
- Headache
- Tense muscles
- Trouble swallowing
- Feeling lightheaded
- Hot flashes
- Frequent urination
- Trembling
- Twitching

Talk with your family doctor or a mental health professional about your symptoms.



**FOR MORE INFORMATION**, call Care Management 1.800.508.2581 (TTY: 1.800.473.0989).



**DELAWARE HEALTH AND SOCIAL SERVICES**

Division of Medicaid & Medical Assistance