

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).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះអាចមានសម្រាប់ភាសាផ្សេងៗទៀត និងក្នុងទម្រង់ផ្សេងៗទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិកដ៏ល្អរបស់យើង 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).