

# TREATMENT ACCESS

Most insurance companies cover the treatment of depression. It is important to check and find out if behavioral health is a covered benefit.



A family doctor can refer a person to a clinic that treats depression.

Psychiatrists, psychologists, licensed social workers, community mental health agencies, psychiatric hospitals with outpatient clinics, social agencies, clergy, and others can also help.



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# WHY DO I FEEL BLUE?

## A GUIDE ON DEPRESSION



# WHAT IS DEPRESSION?

Everyone occasionally feels sad or "blue". But when these feelings begin to affect everyday life - including going to work or school or taking care of loved ones, then these feelings could be something more serious. Depression is a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

## SYMPTOMS

Below are some of the more common signs and symptoms:

- Aches and pains, cramps, headaches or digestion problems
- Changes in sleeping habits
- Feeling tired all the time
- Having thoughts of suicide or attempting suicide
- Ongoing feelings of sadness, fearfulness, nervousness or emptiness
- Overeating or not eating enough
- Unable to concentrate, forgetfulness or inability to make decisions

# CAUSES OF DEPRESSION?

There is no one reason for being depressed. It happens because of a combination of things such as:

**Genes:** The building blocks that makes people who they are, which are passed down to children from their parents.

**Brain Chemistry:** When the brain gets imbalanced, depression can occur. Research shows the brain looks different in people who are depressed than in those who aren't.

**Environmental and Psychological Factors:** Losing a loved one, relationships, or other stressful situations can cause depression.



# TREATMENT OPTIONS

## Therapy

There are two types of therapy used to treat people with depression.

**Cognitive Behavioral Therapy** teaches people to change negative thoughts and behaviors that usually contribute to feeling depressed.

**Interpersonal Therapy** helps people understand and work through personal relationships and/or situations that contribute to their depression.

**Medication** helps balance the chemicals in the brain to reduce the risk of depression. Various medications affect different chemicals in the brain. Scientists aren't sure how these chemicals work, but they do know they affect a person's mood. Medication can be a vital way of managing symptoms.

## E-Solutions

DWIHN has made available to the community a website called MyStrength ([www.mystrength.com](http://www.mystrength.com)) that can help people manage symptoms of depression, especially when their therapist or psychiatrist is not available.