



# A diagnosis of depression shouldn't be the end of the world.

## It should be the beginning of getting better.

Depression is a very common mental illness, affecting more than 16 million of American adults every year. Depression can be an ongoing problem, not a passing one. It can occur to anyone, at any age or sex, and to people of any race or ethnicity. The earlier treatment starts, the more successful it may be.

### Treatments may include:

- Medications.
- Psychotherapy.
- Support.
- Natural treatments.

If you think you might be depressed, speak with your health care provider to discuss how changes to your lifestyle habits and/or treatment can help.

### Have questions or need assistance?

If you have questions about mental health care or need help finding the right doctor, call the HealthChoice Care Management team at **888-750-3232**. Our care management team consists of registered nurses, pharmacists and doctors available at no cost to assist and supplement your doctor's care.

For more information about the HealthChoice Care Management Team, visit **[www.hccarecoordination.com](http://www.hccarecoordination.com)**.

Sources: Everything you want to know about depression, [www.healthline.com](http://www.healthline.com) (accessed 5/4/2021), Additional major depression information at <https://mhanational.org/>

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