

## Depression Education and Advocacy Resources

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

National Alliance for Mental Illness

www.nami.org

1-800-950-6264

National Institute of Mental Illness

www.nimh.nih.gov

U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

## Contact Us

Our Customer Care Representatives are available 24 hours a day, 7 days a week.

Call Us At: **1-888-788-4408**

TTY/TDY: 711

For an urgent need, call our  
Crisis Phone Line at:

Southern Region and Pinal County call:

**866-495-6735**

In Gila County, call: **877-756-4090**

In Maricopa County, call: **800-631-1314**



Arizona Complete Health  
333 E. Wetmore Road  
Tucson, AZ 85705

www.AZCompleteHealth.com



## What is Depression?



**Serving:** Cochise,  
Graham, Greenlee,  
Gila, La Paz, Maricopa,  
Pima, Pinal, Santa  
Cruz, Yuma

## What is depression?

Depression is a disorder that causes someone to feel sad or unhappy over a long period of time. These emotions are more than the normal feelings of sadness we all feel sometimes.

**15.7 MILLION AMERICANS SUFFER FROM  
MAJOR DEPRESSION\***

Depression is a medical problem just like cancer or heart disease. There are natural or internal causes for depression. It is very treatable.

Have Questions? Call us at 1-888-788-4408

Covered services are funded under contract with AHCCCS.

\*(National Institute of Mental Health, 2014)

## Depression is Bad for Your Health

Depression affects you and those around you. It can lead to poor health or even suicide.

Studies show people with depression may also suffer from other health problems. Depression can make these problems worse.

Some medical problems can make depression worse. A person with depression may need help from an expert. Without help problems can get worse.

### Signs of a Possible Problem:

- Not sleeping or sleeping too much
- Restlessness
- Unable to focus or make decisions
- Feeling down all the time
- Feelings of worthlessness
- Fatigue or loss of energy every day
- Not eating or eating too much
- Loss of interest in favorite activities
- Thoughts of suicide

## Who is Arizona Complete Health-Complete Care Plan?

We manage behavioral health and physical health benefits for vulnerable populations. We help people get support for their depression. We can help you get what you need to make smart choices for your health.

### Some Ways We Help:

- Find providers in your area
- Make referrals
- Help you make appointments

### Depression Can be Treated

Depression is treated with medicines, talk therapy (where a person talks with a trained professional about his or her thoughts and feelings; sometimes called “psychotherapy”), or a combination of the two.

## First Appointment: What to Expect

Your provider will want to get to know you. They will want to know the problems you want to work on. They may ask about your background. They want to help you find strengths and skills. Providers are bound by strict rules to keep your data private. What you tell your provider helps them create the right treatment plan for you.

## Your Role in Treatment

A treatment plan is made by you and your provider and may include:

- Medicine
- Personal or family therapy
- Support from friends, family, and peers
- Talking with other providers

## Ways to Help Yourself Feel Better:

- Talk to and join in with friends, family, and peers.
- Get moving! Exercise is great for your health.
- Get involved. Volunteer, pick a fun hobby, or join a group.
- Avoid drugs and alcohol.
- Plan to deal with stress before it happens.
- Set realistic goals for yourself.

**Never stop taking any medication until told to do so by your provider**

## Feeling Better

The key person in recovery is YOU. You and your provider should make a treatment plan based on your goals for your health.

## Help Your Provider By:

- Talking about your feelings and progress. Tell them as much as you can.
- Writing down how the medication makes you feel.

This will help you both make better choices about your treatment.

If you're ever unhappy with your treatment plan, your provider or results, call us. We can help find you a new provider to work with if needed.