

# Depressed?

Find the Help You Need



## What is depression?

Depression is a common but serious illness that includes long-term sadness. It can be caused by a mix of factors, including big life changes.

## Signs and symptoms

- Lasting sadness or an “empty” mood
- Feelings of hopelessness
- Feelings of frustration
- Feelings of guilt or worthlessness
- Loss of interest in hobbies
- Decreased energy or tiredness
- Problems focusing
- Problems sleeping or sleeping too much
- Unplanned weight changes
- Thoughts of death or suicide

## Types of depression

**Major depression:** Feeling symptoms for at least two weeks and having them get in the way of everyday work or sleep.

**Persistent depressive disorder (dysthymia):** Feeling symptoms to a lesser degree but for at least two years.

**Postpartum depression:** Feeling symptoms at any time after giving birth.

## At risk for depression?

Take this initial screening to see if you should seek care.

Answer the questions below using the number key. Then add your total score.

Over the last two weeks, how often have you experienced the following feelings?

1. Taking little interest or pleasure in doing things:

2. Feeling down, depressed or hopeless:

**TOTAL**

Not at all = 0

Several days = +1

More than half the days = +2

Nearly every day = +3

If you scored higher than 3, you may have major depression. You should seek further screening or support from a counselor, doctor or other health care professional.

## Find help now

If you are in emotional distress, you can talk to someone right now.

### 988 Suicide & Crisis Lifeline

Call or text: **988**

Chat online: [988lifeline.org/chat](https://988lifeline.org/chat)

### 211 (For local resources)

Dial: **2-1-1**

Visit: [221.org](https://221.org)

## The Trevor Project

Suicide hotline for LGBTQ youth

Call: **1-866-488-7386**

Text: **START** to **678678**

Chat online:

[thetrevorproject.org/get-help](https://thetrevorproject.org/get-help)



Inland Empire Health Plan

[iehp.org](https://iehp.org)

## Have questions?

Call IEHP Member Services at

**1-800-440-IEHP (4347)**

**TTY 1-800-718-4347**

M-F, 7am-7pm

Sat-Sun, 8am-5pm

## Talk with a nurse today.

Call our 24-hour Nurse Advice Line.

**1-888-244-IEHP (4347)**

**TTY: 711**

Stay connected. Follow us!

