



Depression

Magellan Complete Care's goal is that with education people will seek the treatment they need. We also will work so that no one will have to face labels and unhelpful attitudes. People with mental illness get better and can stay better.

What is depression?

Everyone sometimes feels blue or sad. These feelings don't last long and pass within a couple of days. When you have depression, it gets in the way of your life. It causes pain for both you and those who care about you. Depression is a common but serious illness.

Many people with a depressive illness never get care. But most can get better with care. Drugs, therapies, and other methods can help treat people with depression.

Causes

Most likely, depression is caused by a lot of factors.

Depressive illnesses are problems with the brain. Parts of the brain used for mood, thinking, sleep, hunger, and actions, work differently in people with depression.

Some types of depression run in families. However, depression can occur in people without family members with depression too. Scientists are studying genes that may make some people more likely to get depression. Also, trauma, loss of a loved one, a bad relationship, or any stress may cause a depressive episode. Other depressive episodes may occur without a reason.

Signs and symptoms

People with depressive illnesses do not have all the same symptoms. How bad it is, rate, and length of symptoms changes per person. Signs and symptoms include:

- Regular sad, worried, or empty feelings
- Feelings of doubt
- Feelings of guilt, worthlessness, or helplessness
- Anger or restlessness
- Loss of interest in activities or hobbies
- Feeling tired and less energy
- Trouble focusing, with memory, and making decisions
- Sleep issues, waking up too early, or sleeping a lot
- Overeating, or not eating
- A thought of suicide or suicide tries
- Aches or pains, headaches, cramps, or stomach problems

Who is at Risk?

Major depressive disorder is one of the most common mental disorders in the United States. Each year about 6.7% of U.S adults go through major depressive disorder. Women are 70 % more likely than men to go through depression .

Non-Hispanic blacks are 40% less likely than non-Hispanic whites to get depression during their life. The average age it starts is 32 years old. Also, 3.3% of 13 to 18 year olds have had a depressive disorder that has caused problems with day-to-day life.

To get more information about Magellan Complete Care please call us toll-free at 800-327-8613 or 800-424-1694 (TTY only). Or you can call Florida Medicaid Choice Counselors at 877-711-3662 or 866-467-4970 (TTY only).

Source: Centers for Disease Control and Prevention