



I Have Depression... Now What?

Did you know that depression affects about 16 million American adults every year? In fact, one out of every six adults will have depression at some point in their life. Depression can happen to anyone at any time. If you're dealing with depression right now, you may feel lost or not know what to do next. But don't worry – with proper treatment, depression symptoms often get better.

Treating Depression

The first step to ensuring your treatment plan works well is having open conversations with your primary care provider (PCP) or other specialist about your symptoms and medication. Lots of people don't fully understand depression or the medication they've been prescribed.

Talk to your PCP or other specialist about any questions or concerns you have about your medication. Make sure you understand your medication and how you're supposed to take it. This will be key to successfully managing depression. Also, ask your PCP or other specialist about counseling and therapy services for depression.

Tips to Ensure Medication Works Well

- Take your medications as prescribed.
- Schedule a follow-up visit with your PCP or other specialist within 30 days of starting your medication.
- Take your medication around the same time every day.
- Tell your PCP or other specialist if you're having any side effects. Keep in mind, medication can be changed if side effects become an issue.
- Refill your medication every month.

Worried you won't be able to remember to refill your medication every month? We're here for you! Do one of the two things below to help remind you to refill your prescription:



1. Download the CareSource app to your smartphone. We will send you an alert that your medication is due to be refilled.



2. Opt in to receive text messages from CareSource. We will send you a text every month, reminding you that you need to refill your medication.

Need help with anything else?

Call the Member Services number located on the back of your CareSource member ID card.

Having thoughts about hurting yourself?

Call the CareSource Behavioral Health Crisis Line at **1-833-227-3464** 24 hours a day, 7 days a week.

Sources: Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>.