



WHEN YOUR CHRONIC CONDITION CAUSES DEPRESSION

Taking care of your mental and emotional well-being

Many people living with chronic conditions (including arthritis, heart problems, asthma, cancer, diabetes, obesity, and more) also face mental and emotional health challenges. You may worry about your health and treatment, have family concerns, or experience feelings of loneliness or helplessness. The most serious is depression. Learn how to identify depression and get help while also managing a chronic condition.

WHAT IS DEPRESSION?

Depression is a serious mood disorder that affects how you feel, the way you think, and how you act. It can cause disruption in daily activities, such as sleeping, eating, and working. Depression is especially common when you have a chronic disease. It is a real illness and is treatable.

HOW DO I KNOW IF I'M CLINICALLY DEPRESSED?

Depression should be diagnosed by a doctor or nurse. However, answering these two questions* is a good place to start. Over the last two weeks, how often have you been bothered by any of the following problems?

(Circle your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3

If you score 3 or higher, you may want to follow up with a doctor, nurse, or behavioral health provider for diagnosis and treatment. To find a provider in your area, visit QuartzBenefits.com/MAfindadoctor. Or, call Behavioral Health Care Management at **(800) 683-2300** for a confidential consultation about your options.

IF I HAVE DEPRESSION, WHAT ARE MY TREATMENT OPTIONS?

There are many possible treatments and, in almost every case, you can feel better. Common treatments for depression are medicine and therapy. These can be done separately or together. Some people are treated by their primary care doctor or nurse. Other people may also benefit from seeing a behavioral health provider, like a therapist or counselor, psychologist, or psychiatrist.

ARE RESOURCES AVAILABLE TO SUPPORT MY MENTAL AND EMOTIONAL WELL-BEING?

Yes! Your Quartz Medicare Advantage (HMO) plan includes behavioral health services with no referral needed. Call Quartz Customer Service at (800) 394-5566 (TTY: 711) or search QuartzBenefits.com/MAfindadoctor to locate a provider who's right for you.



Download our free **myStrength** app for help with stress, anxiety, chronic pain, sleep issues, and more. It's safe, secure, and personalized. Track your health, enjoy activities, and become inspired — at no extra cost to you. Visit myStrength.com/r/Quartz to get started. Message and data rates may apply.

OTHER RESOURCES

Quartz Health Topics — QuartzBenefits.com/healthtopics

Mental Health America — mentalhealthamerica.net

National Alliance on Mental Illness (NAMI) — nami.org

Substance Abuse and Mental Health Services Administration (SAMHSA) — samhsa.gov

If you are in crisis, call:

911 immediately if you are at risk of harming yourself or others

(800) 273-TALK or (800) 273-8255

National Suicide Prevention Lifeline

This information is available for free in other languages. Please call Customer Service at **(800) 394-5566 (TTY: 711)**, Monday through Friday from 8 a.m. to 8 p.m. From October 1 through March 31, we are also available on Saturdays and Sundays from 8 a.m. to 8 p.m.

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Spanish – ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de ayuda con el idioma. Llame al (800) 362-3310, TTY 711 or toll free (800) 877-8973.

Hmong – LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau (800) 362-3310, TTY: 711 or toll free (800) 877-8973.

* This Depression Scale is for information only and cannot diagnose depression. The results do not replace seeing your doctor or nurse. Developed by Drs. Robert Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.