

# Living with DEPRESSION

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## Here for you now. Here for you in the long run.

At Kaiser Permanente, our goal is to help you make your overall health the best it can be, now and for years to come. We understand that living with an ongoing condition can be difficult. That's why we offer programs to help our members manage depression.

Depression can affect almost anyone. It can significantly impact your enjoyment of life, your work, your health, and the people you care about.

### More than a case of the blues

Depression is not a character flaw or mental defect, and it is more than temporary feelings of grief or low energy. It has a chemical and biological basis, and a depressed person can't just "snap out of it." Symptoms include trouble concentrating, fatigue, or changes in eating or sleeping patterns. In severe cases, depression can inhibit people from doing routine activities or even become suicidal. In these cases, it's important to seek medical attention.

### Treating depression

Depression is a treatable illness. Our specialized care program for depression is designed to help you work closely with your physician to ensure that you get the right care for you. Treatment options include counseling, medication, or a combination of both. You'll need to be patient with your treatment and stick to it—those who do often improve.

Our integrated approach to specialized condition management includes:

- ▶ Working closely with your primary care physician to ensure that appropriate and necessary treatments are undertaken and closely monitored.

- ▶ Evidence-based guidelines for depression that help your physicians provide the right treatment for you.
- ▶ Online information and publications to help both adult and adolescent members understand depression and its treatment options, and to offer advice on how to discuss depression with your primary care physician and family members.
- ▶ Participation in groups with other members, educators, and other experts.
- ▶ Programs that encourage physical activity.
- ▶ Information about depression provided as a featured health topic on **kp.org**, plus many more online tools and resources, all available 24 hours a day.
- ▶ Widening the circle of caretakers who are trained and able to provide assistance to members with depression.

### To learn more about depression

Visit **kp.org/depression** or call the Kaiser Permanente Healthphone at **1-800-332-7563** or **1-800-777-9059** (TTY for the deaf, hard of hearing, or speech impaired). For a list of topics, you can request a copy of the *Kaiser Permanente Healthphone Directory* by calling your Member Services department (except in Ohio), or you can download one from our Web site by searching for "Healthphone."

[kp.org/depression](https://kp.org/depression)

We're here to help you **FEEL YOUR BEST, NOW AND FOR YEARS TO COME.**

To learn more about what Kaiser Permanente has to offer, visit us at [kp.org](http://kp.org) or call us at one of the numbers below.

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### California

Mon.–Fri., 7 a.m.–7 p.m.

Sat.–Sun., 7 a.m.–3 p.m.

**1-800-464-4000** English, Tagalog, Vietnamese

**1-800-788-0616** Spanish

**1-800-757-7585** Chinese dialects

**1-800-777-1256** English (Coachella Valley members only)

**1-800-777-1370** (TTY)

### Colorado – Colorado Springs

Mon.–Fri., 8 a.m.–5 p.m.

**1-888-681-7878**

**1-800-521-4874** (TTY)

### Colorado – Denver/Boulder

Mon.–Fri., 8 a.m.–5 p.m.

**(303) 338-3800** Denver metro area

**1-800-632-9700** From other areas

**(303) 338-3820** or **1-800-659-3656** (TTY)

### Georgia

Mon.–Fri., 8:30 a.m.–9 p.m.

Sat.–Sun., 8 a.m.–2 p.m.

**(404) 261-2590**

**1-888-865-5813** Outside of Atlanta

**1-800-255-0056** (TTY)

### Hawaii

Mon.–Fri., 8 a.m.–5 p.m.

Sat., 8 a.m.–noon

**(808) 432-5955** Oahu

**1-800-966-5955** Neighbor Islands

**1-877-447-5990** (TTY)

### Mid-Atlantic States – Maryland, Virginia, and Washington, DC

Mon.–Fri., 7:30 a.m.–5:30 p.m.

**(301) 468-6000** Inside metro Washington, DC

**1-800-777-7902** Outside metro Washington, DC

**(301) 879-6380** (TTY)

### Northwest – Oregon, Washington, and Northern Idaho

Mon.–Fri., 8 a.m.–6 p.m.

**(503) 813-2000** Portland area

**1-800-813-2000** All other areas

**1-800-735-2900** (TTY)

**1-800-324-8010** Language interpretation

### Ohio

Mon.–Thu., 8:15 a.m.–5 p.m.

Friday, 9:30 a.m.–5 p.m.

**1-800-686-7100**

**1-877-676-6677** (TTY)

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Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.  
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Kaiser Foundation Health Plan of Georgia, Inc.  
Nine Piedmont Center; 3495 Piedmont Road, NE; Atlanta, GA 30305  
(404) 364-7000

Kaiser Foundation Health Plan of the Northwest  
500 NE Multnomah St., Portland, OR 97232