

The Basics of Depression Management



Learning Objectives

- Depression symptoms, causes and conditions
- How to get help, support and resources
- How to manage your depression
- Coping skills to help implement positive change
- How to maintain wellness in the future
- Achievable and measurable goal setting



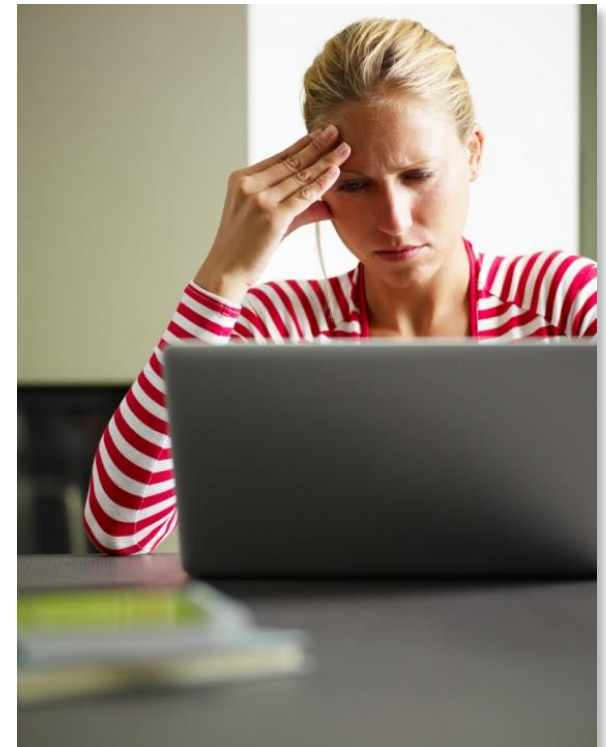
Depression Basics

- Clinical depression
- Mood state
- Medical illness¹
- About 16.1 million American adults affected in a year²
- Knows no gender, age or race
- It is treatable³



Symptoms of Depression

- A deep sense of sadness
- A lack of interest in things you used to enjoy
- Change in appetite
- Weight gain or loss
- Trouble concentrating
- Feeling tired or lacking energy
- Sleeping difficulties
- Feeling guilty, worthless or hopeless
- Restlessness or irritability
- Headaches, stomach aches, achiness
- Low sex drive
- Thoughts of death or suicide
- Hallucinations/delusions



Depression Diagnoses

- Major Depressive Disorder
- Persistent Depressive Disorder (Dysthymia)
- Unspecified Depressive Disorder
- Bipolar Disorder



Causes of Depression

- Genetics
- Social
- Drugs or alcohol
- Environmental issues
- Biological
- Psychological
- Stress or grief



Remember, depression is an illness.
It can be treated regardless of what is causing it.

When You Need Help

How do I know if I need help?

- Patient Health Questionnaire (PHQ-9)
- Refer to handout

Where can I get help?

- Primary care manager (PCM)
- Therapist – go to www.tricare-west.com to find a local provider or call TRICARE Customer Service 1-844-866-WEST (866-9378)
- Military OneSource – go to www.militaryonesource.mil or call 1-800-342-9647
- CG SUPRT – go to www.cgsuprt.com or call 1-855-CG SUPRT (1-855-247-8778)
- Suicide Prevention Line – 1-800-273-8255
- **Call 911 or go to the nearest emergency room**



Types of Help

What's the difference in support?

- Therapist (LCSW, LMFT, Psy.D, Ph.D, LMHC, LPC)
- Psychiatrist
- Social support: place of worship, chaplain, family, friends, support groups, neighbors, school, co-workers



Medication Treatment

Commonly used antidepressant medications:

Selective serotonin reuptake inhibitors (SSRIs)

- *Prozac, Zoloft, Celexa, Lexapro, Paxil*

Serotonin and norepinephrine reuptake inhibitors (SNRIs)

- *Cymbalta, Effexor*

Norepinephrine and dopamine reuptake inhibitors (NDRIs)

- *Wellbutrin*

Tricyclic and heterocyclic

- *Norpramin, Tofranil, Pamelor, Surmontil*

Monoamine oxidase inhibitors (MAOIs)

- *Nardil, Parnate*

Other antidepressants

- *trazadone, mirtazapine*

Medication Disclaimer

Prescription medications may not be appropriate for some individuals. Some may have certain side effects or interactions with other medications that could be harmful to your health. Discuss your individual health condition with your doctor and work together to determine which medications are best for you. The U.S. Food and Drug Administration has approved the medications mentioned in this program.

Visit www.tricare.mil and www.express-scripts.com/tricare for current benefit and prescription information.

Tips for Managing Medications

- Develop good habits.
- Don't ignore side effects.
- Never stop taking your depression medications without your doctor's permission.
- Don't assume you can stop taking your depression medications when you feel better.
- Tell your health care providers about medications you are taking, or if you are using drugs or alcohol.
- Keep a list of all your current medications.



Self-Management

Advocate for yourself.

Make and keep your doctor appointments.

Communicate with your health care providers openly and honestly.

Continue with medications as prescribed.

Do not skip doses of medications.

Communicate with trusted family and friends about your symptoms.

Manage other health conditions.

Use PHQ-9 survey to monitor symptoms.



Self-Care

Self-care activities include:

Exercising

Healthy eating

Social interaction

Getting enough sleep

Avoiding drugs and alcohol

Personal hygiene



Coping Skills

Coping skills may include:

Meditating

Journaling

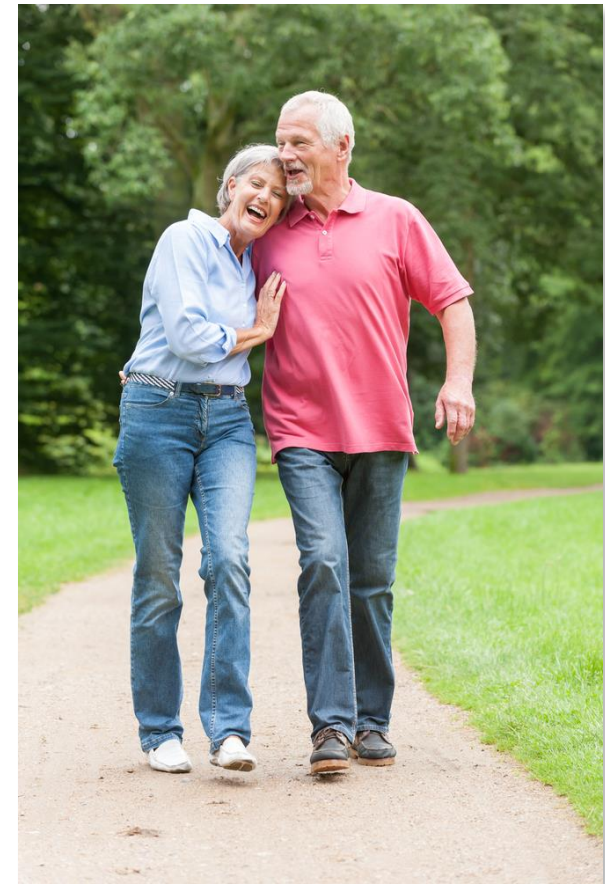
Deep breathing

Laughing

Listening to music

Petting your dog or cat

Exercising



Learning and using coping skills can help to manage depression and stress.

Depression Action Plan

- **Depression Action Plan** – a guide to help you manage symptoms of depression.

- **Symptom Management** – helps increase self-awareness and reminds you how to manage symptoms

Depression Action Plan

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This **action plan** is a guide to help you recognize the signs and symptoms of depression, and be prepared with actions you should take. You and your specialist should complete this plan together. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	Green means you are doing well. Symptoms are STABLE . Your depression is under control.	<ul style="list-style-type: none"> You have well-managed symptoms of depression. You are participating in your usual activities. 	<ul style="list-style-type: none"> Take medications as directed. Follow your treatment plan. Get adequate exercise, proper nutrition and a good night's sleep.
YELLOW	Yellow means CAUTION . Your symptoms indicate you need to talk with your primary care manager (PCM), therapist or support network.	<ul style="list-style-type: none"> You have an increase in depression symptoms, such as changes in sleep, appetite, pleasure, energy, or even suicidal thoughts. Your coping skills are not as effective. 	<ul style="list-style-type: none"> Continue current medications. Reach out to your PCM, therapist and support network.
RED	Red means you need help IMMEDIATELY ! Your symptoms are unmanageable and urgent.	<ul style="list-style-type: none"> Your symptoms have become unmanageable and you are unable to care for yourself. You are having suicidal or homicidal thoughts, which may have a plan and/or intent. 	<ul style="list-style-type: none"> This is a psychiatric emergency. Call 911, a suicide prevention hotline, or have a friend or family member take you to the ER.

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Symptom Management

You can manage your depression by following these tips below.

Depression symptoms

- a deep sense of sadness or unhappiness
- a lack of interest in things you used to enjoy such as hobbies, friends or sex
- change in appetite
- weight loss or gain
- trouble remembering, thinking or making decisions
- feeling tired or lacking in energy
- feeling guilty, worthless or hopeless
- sleeping too little or too much
- feeling uneasy or worried
- being restless or less active
- headaches
- stomach aches
- sexual problems
- thoughts of death or suicide
- attempted suicide

What you can do to manage depression

- Get support. Contact friends and family as needed.
- Keep medical and therapy appointments.
- Take medications as prescribed.
- Get rest.
- Exercise.
- Get proper nutrition.
- Make a plan. Follow your action plan, including monitoring your symptoms, and contacting your providers and members of your support team as needed.
- Avoid alcohol and other drugs.
- Laugh.
- Pace yourself.
- Take time to focus on personal hygiene.
- Learn ways to relax.
- Join a self-help group.
- Plan a realistic schedule.

Emergency Contact Numbers

Friends/Support: _____

Psychiatrist: _____

Therapist: _____

PCM: _____

24/7 Emergency Resources

911
National Suicide Prevention Hotline
1-800-273-TALK (8255)

Military OneSource
1-800-342-9647
www.militaryonesource.mil

Additional Resources

National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)
www.nami.org

National Institute of Mental Health (NIMH)
1-866-615-6464
www.nimh.nih.gov

Locate a TRICARE-authorized provider here:
www.tricare-west.com/go/provider

www.tricare-west.com

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Goal Setting

Goal setting

- Small
- Measurable
- Attainable
- Specific



Identify one small goal:



Celebrate Your Progress

Acknowledge your own progress!

- You know more about managing your condition than you think.
- Be sure to recognize each small step of success.
- Recognizing and rewarding your successes will help keep you motivated and on track for future goals.



Programs, Teleclasses and Resources

Online Programs and Resources

- Assessing Your Readiness for Healthy Change
- Basics for Reaching a Healthy Weight
- Healthy Weighs for Life
- Take Charge of Your Health
- The Basics of Asthma Management
- Time to Quit
- [Tobacco Cessation Resources](#)
- [Behavioral Health Care web page](#)

Classes

- Heart Healthy Living (recorded)
- Making Healthy Changes for Life (live)
- Preparing to Quit Tobacco (recorded)
- Stress Management in Times of Uncertainty (recorded)
- The Basics of Depression Management (recorded)
- The Essentials of Diabetes Management (recorded)
- What You Need to Know About Anxiety (recorded)

Access Health Net Federal Services Health and Wellness programs and resources
www.tricare-west.com > *Beneficiary* > *Wellness Center* > *Wellness Programs and Resources*

Disease Management Programs

Two Ways to Self-Nominate

- Call 1-844-732-2436 from 8 am–6 pm local time Monday through Friday.
- Click on the link in the Class Resources section to go directly to the [Disease Management Program Information and Nomination page](#), and use the self-nomination form at the bottom of the page.



[Disease Management Education Center](#)

Programs include: anxiety, asthma, chronic obstructive pulmonary disease, coronary artery disease, depression, diabetes, heart failure

Additional Information

Find a TRICARE-authorized provider

- Use the online [provider directory](#).
- Call the TRICARE Customer Service Line.
1-844-866-WEST (866-9378)



Call the Nurse Advice Line

1-800-TRICARE (1-800-874-2273), option 1
24 hours a day, 7 days a week
Chat or video chat at MHSNurseAdviceLine.com

Fill a prescription

- Fill your prescriptions at your military pharmacy or through [home delivery](#).
Contact TRICARE's Pharmacy Home Delivery
(Express Scripts) at: 1-877-363-1303.

Conclusion

- Thank you!
- [Class evaluation](#)



Presentation References

¹Adapted from National Alliance on Mental Illness, located at <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>. Accessed 9/28/2020.

²National Institute of Mental Health, Health & Education, Depression, located at <https://www.nimh.nih.gov/health/statistics/prevalence/major-depression-among-adults.shtml>. Accessed 9/28/2020.

³Adapted from National Institute of Mental Health, Health & Education, Depression, located at <https://www.nimh.nih.gov/health/topics/depression/index.shtml>. Accessed 9/28/2020.

⁴Adapted from National Institute of Mental Health, Mental Health Information, Signs and Symptoms, located at https://www.nimh.nih.gov/health/topics/depression/index.shtml#part_145397. Accessed 9/28/2020..

⁵Adapted from National Institute of Mental Health, Health & Education, Depression, Risk Factors, located at https://www.nimh.nih.gov/health/topics/depression/index.shtml#part_145396. Accessed 9/28/2020.

⁶Adapted from National Alliance on Mental Illness, Learn More, Mental Health Conditions, Depression, Treatment, located at: <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression/Treatmen>. Accessed 9/28/2020.