



Depression and Anxiety Conditions

Depression and anxiety are treatable medical conditions that are often based on chemical and hormone imbalances in the brain. They are caused by a variety of factors including genetics, life experiences, and chronic stress. Like diabetes or heart disease, depression and anxiety cannot be “wished away” and having these conditions is not your fault. Effective, evidence-based treatment options are available.

What Are My Symptoms?

Depression and anxiety conditions **share many symptoms, with some important differences.** The nature of these conditions vary for each individual and self-awareness is the key to being able to accurately describe your symptoms to those who can help.

	DEPRESSION	ANXIETY
Mood:	Lack of interest, irritability, feeling worthless, increase of guilt	Irritability, excessive worry, racing and unwanted thoughts, at times explosive
Physical:	Fatigue, body aches	Can lead to panic attack—racing heart, faint/dizzy, chest pain, sweaty/chills, sense of terror/dread
Focus/concentration:	Decrease	Decrease OR Increase
Sleep: Increase or decrease, insomnia, nightmares	✓	✓
Thoughts of harm to self or others	✓	✓
Feelings of isolation and shame, as if no one understands	✓	✓
Inability to complete routine tasks	✓	✓

Note: Symptoms of depression and/or anxiety may change throughout the day, week, month, and even year—making it difficult to understand that something is off balance. Don't hesitate to report symptoms, even if they are irregular.

What Are My Treatment Options?

Self Help: You can seek support, information, and education through the internet, books, community support groups, on-line support, apps, and more. This is a suitable option if you have mild symptoms or if your symptoms have stabilized after receiving care.

Outpatient Care: Therapy, also known as counseling, can be provided by a licensed clinical social worker (LCSW), a licensed clinical professional counselor (LCPC), or a psychologist (PhD). Therapy can be beneficial if you want to talk about your symptoms with a trained professional who can assess your situation and develop a plan to reduce or manage symptoms.

Psychological and Neuropsychological Evaluations: Comprehensive evaluations can determine diagnosis, treatment options, and assist in determining the best medication treatment. Psychiatrists (MD) or psychiatric mental health nurse practitioners (PMHNP) can prescribe medications for depression and anxiety, as well as other mental health conditions. They work with your counselor and primary care provider to assist in treatment.

Partial or Full Psychiatric Inpatient Care: This level of care is available if you feel your safety or the safety of others is at risk. You can access it through the emergency department of your hospital or through a crisis-response intervention.

If you are unsure about the level of care that would best suit your needs, speak with your primary care provider.



Who Should I Call for Help?

YOUR PRIMARY CARE PROVIDER (PCP): Your PCP can be the best first call for help as they are trained in understanding mental health conditions and coordinating treatment options.

BEHAVIORAL HEALTHCARE PROGRAM (BHCP): BHCP is your insurance benefit manager for mental health services. They can provide a list of in-network providers and explain various levels of care covered by your insurance to help manage your symptoms.

US Family Health Plan 1-888-812-7335
Generations Advantage 1-800-708-4532

ER/SUICIDE HOTLINE: If you feel at risk of harm to yourself or others, first responders and emergency department staff are trained in understanding mental health conditions and the path to receiving immediate care. Don't hesitate to call for help if you are feeling unsafe. If you are in crisis, please call: **911 or Nationwide Crisis/Suicide Hotline 1-800-273-TALK (8255)**

You are your best advocate—feel free to ask questions, report symptoms, and let your providers know what your symptoms are and how they are impacting your life

You are important, and help is available.

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