



October is National Depression and Mental Health Screening Month

Depression is a disease. It's not being lazy. You can't "just get over it."

Here are some things you can do to help someone who's depressed:

- **Teach yourself.** The more you know about depression, the better you can understand what the person is going through.
- **Take care of yourself.** Spending time with someone who has depression may be hard on you, too. Do things you enjoy and take some time off.
- **Help the person.** Offer to set up visits with health professionals or help the person manage medicines.
- **Offer support.** Listen when the person wants to talk. Offer hope. Ask the person to do things with you. Keep your relationship as normal as you can.

For more information, visit www.healthwise.net/MagellanHealth and search for "depression."