

DID YOU KNOW...?



**In Puerto Rico,
between 9.2% and 10.3%
of the population
suffers from depression.**

WHAT IS DEPRESSION?

Clinical depression is a common mental disorder that affects the way a person thinks and feels while also having physical and social effects. Depression provokes a desire to remain isolated from family, friends, work and school. It can also produce anxiety, sleeping problems, changes in appetite and lack of interest or pleasure in things one used to enjoy.



FOR MORE INFORMATION,
contact your doctor or call us
at the **Beneficiary Services** center at:

1-844-336-3331
(TOLL FREE)

787-999-4411
TTY (HEARING IMPAIRED)

MONDAY TO FRIDAY: 7:00 A.M. TO 7:00 P.M.

You can also call us
24 hours, 7 days a week to
the medical consulting line

HACIENDO CONTACTO:
1-844-337-3332
(TOLL FREE)

PLANVITALPR.COM

TTY: 711
(service only for the deaf and audio impaired)

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DEPRESSION



SYMPTOMS:

- Continuous sensation of sadness
- Stress or anxiety
- Fatigue
- Crying constantly
- Feelings of guilt or worthlessness
- Changes in appetite (overeating or under eating)
- Feelings of despair and abandonment
- Thoughts of death or suicide

CAUSES

There are various factors that can cause depression:

- Family history of depression
- Some medications
- Hormonal changes (mostly in women)
- Use and abuse of alcohol and drugs
- Other health conditions like diabetes
- Extreme stress and anxiety
- Personal situations or conflicts
- Significant loss (job, loved one, health)

TREATMENTS

The most common treatments for depression are psychotherapy, antidepressant medications or a combination of both. The best treatment plan is determined by the nature and progression of the condition and the patient's preference.

PREVENTION IS THE KEY



There are ways of preventing or minimizing the effects of depression:

- Visit a mental health professional when you identify that the symptoms associated with depression remain for two weeks or longer
- Prepare yourself for normal life changes (retirement, moving, etc.)
- Choose a hobby that you enjoy like riding bicycles, working in the garden or reading
- Establish a support network that includes family members and friends and keep them informed of your progress
- Participate in a depression support group where you can speak to others that live with the same condition
- Maintain a healthy diet
- Do exercise or physical activity on a regular basis

If you have thought of taking your life, call your primary care physician or a mental health professional immediately.

Remember that your life is valuable and with help you can overcome depression.

**Integrated
Mental Health Department: 1-877-721-7722** (TOLL FREE)

ACCESS LINE FOR BENEFICIARIES 24 HOURS, 7 DAYS A WEEK