

Make Health Happen

# Health Tips

## Depression is a real illness and is common.

Anyone can suffer from depression. When a person has depression, feelings of sadness don't go away easily. They can get in the way of everyday life.

### Symptoms of depression can seriously affect a person's:



Feelings  
and thoughts



Ability to cope  
day-to-day



Focus at  
school or work



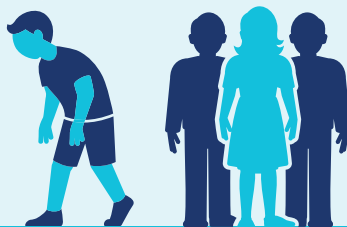
Relationships



Sleep  
schedule



Does your or your child's health have you or your child feeling down? You or your child is not the only one. Depression is one of the most common results in people living with health conditions. **Treating depression is shown to help physical health, too.**



## What is depression?

### A treatment plan may include:



#### Taking medication

(meds) like antidepressants and going to therapy. Your or your child's primary care provider (PCP) or a psychiatrist can give these meds.

### Tips for remembering meds



Take them:

- At the same time every day — set an alarm.
- As part of a daily routine, like when you or your child first wakes up or brushes teeth.
- From a pill container that's divided up by days of the week and/or times of the day.

They can sometimes take 2 to 4 weeks to work. If you or your child doesn't feel better right away, keep taking the meds.

**Helpful phone numbers for Simply Healthcare Plans, Inc. —  
Florida Healthy Kids members only**

Member Services: 1-844-405-4298 (TTY 711)

Monday through Friday 7:30 a.m. to 7:30 p.m. Eastern time

24-hour Nurse HelpLine: 1-844-405-4298 (TTY 711)

[www.simplyhealthcareplans.com/floridahealthykids](http://www.simplyhealthcareplans.com/floridahealthykids)

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**Going to therapy** can give you or your child support and help manage daily life.

**What else can you or your child do?** I can stay on top of my or my child's treatment by:

- ☐ Asking the health plan to help find a PCP and to schedule visits. *Simply — Florida Healthy Kids members: We can help.* Call us at the Member Services phone number on your or your child's member ID card.
- ☐ Keeping health care provider visits.
- ☐ Telling health care providers about well-being and regarding any meds taken.

## Things to tell my or my child's health care provider at the next visit

Question(s): \_\_\_\_\_

\_\_\_\_\_

Symptoms: \_\_\_\_\_

\_\_\_\_\_

Sources:

[www.nimh.nih.gov](http://www.nimh.nih.gov) • [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) • [www.hhs.gov](http://www.hhs.gov) • [www.ahrq.gov](http://www.ahrq.gov) • [www.nami.org](http://www.nami.org)

**We're here to help.** We offer a Disease Management program for our members living with depression. Visit [www.simplyhealthcareplans.com/floridahealthykids](http://www.simplyhealthcareplans.com/floridahealthykids) to find these webpages and resources:

- *Manage Your Condition* — Learn more about Disease Management programs.
- *Community Resources* — Find healthy food and support.
- *Health and Wellness* — Get more tips for a healthy lifestyle.

Or, call Beacon Health at the number on your or your child's ID card to find out about member benefit details and if other resources are available.



**If you or your child feels like doing self-harm, call your health care provider or 911 right away.** You can also reach the **National Suicide Prevention Lifeline** 24 hours a day, 7 days a week at **1-800-273-TALK (8255)**, **TTY 1-800-799-4TTY (4889)**.

Do you need help with your health care, talking with us, or reading what we send you? Call us toll free at 1-844-405-4298 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 1-844-405-4298 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.