

Depression facts

Depression is common

For every 100 people, 15-20 will experience serious depression at some point in their lives.*

Depression is treatable

Effective treatment often involves a combination of managing symptoms through the use of coping skills and anti-depressant medication.*

Symptom reduction takes time

When taken as prescribed, anti-depressant medication can take anywhere from 6 to 8 weeks to feel the full effect.*

**U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration. (2009). Illness Management and Recovery: Practitioner Guides and Handouts [PDF file]. Retrieved from <https://store.samhsa.gov/system/files/practitionerguidesandhandouts.pdf>*

Contact us

 **1-800-639-2227**

401-459-5000 (local)



bcbsri.com

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número de Servicios para Miembros para obtener ayuda.

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o Atendimento ao Cliente para obter ajuda

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**Depression
Care
Management**

Depression care management

Blue Cross & Blue Shield of Rhode Island and our partner, Beacon Health Options, want to help make sure you get the care you need to effectively treat your depression. Having someone who will help to organize your care and reach out to providers may make treating your depression a little easier.

This program is to help you be your best, and get the most out of your treatment.

What we can do

- Help organize care among your doctors, nurses, behavioral health providers, and social workers
- Give you, your family, and your support system information about depression, its signs and symptoms, and treatment options
- Help to find community services in your local area that may be able to help
- Provides support and assistance setting goals and making decisions about treatment
- Help you to follow the instructions from your doctor, nurse, or social worker
- Help create a plan to remember to take your medication
- Provide access to online tools and materials for self-management, which

can help you take an active role in managing your depression

- With your permission, keep your Primary Care Provider and Psychiatrist updated on your progress

How can care management help?

Care management can help if you:

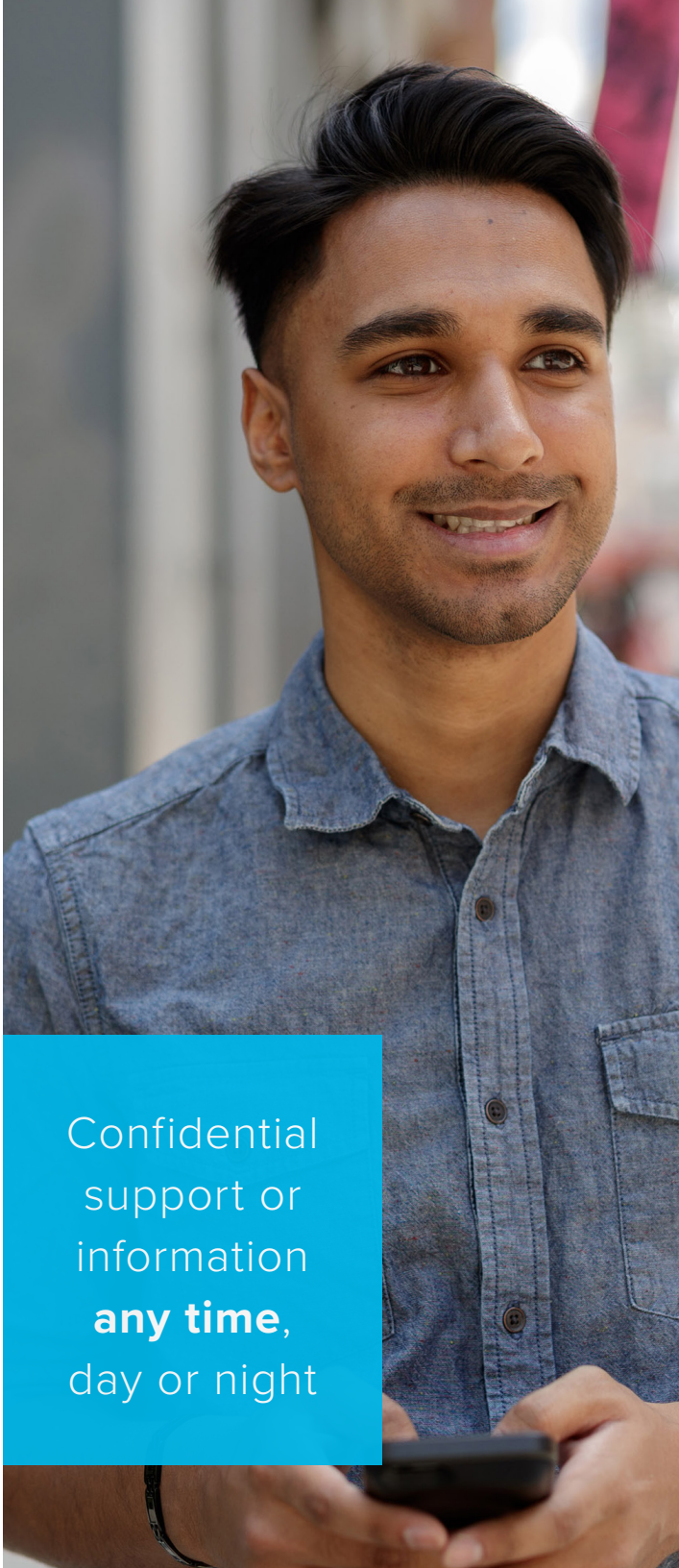
- Have been diagnosed with depression
- Need support understanding your depression diagnosis, its symptoms, and treatment options
- Have trouble getting the care that works best for you
- Have depression and other mental health, substance use issues, or medical issues

Who will help me?

Our care managers are experienced and licensed counselors and social workers ready to help you take the first step to managing your depression.

How to reach us

You can call 1-800-274-2958 to enroll in depression care management. We'll connect you with a care manager that can assess your needs and develop a plan of care.



Confidential
support or
information
any time,
day or night