

OCTOBER IS NATIONAL DEPRESSION & MENTAL HEALTH SCREENING MONTH

Self-screening tools can be the first step

Depression is common, and seeking help is an important step toward better mental health for yourself, a friend or a family member. Read on to better understand depression, why it's okay to seek support and learn about beneficial tools.

What is depression?

Depression is an illness that causes you to feel sad, lose interest in activities that you used to enjoy, withdraw from others and have little energy. It is not a character flaw or personal failing and experiencing depression does not diminish your strength, worth or value as a person.

It's okay to ask for help

Seeking support when you need it is a healthy and normal part of life; it's a sign of strength and self-awareness. Everyone needs support sometimes, and that's okay.

Benefits of self-screening tools

Screenings do not diagnose mental health conditions. They are used to identify signs of potential mental health concerns early and connect individuals to care and resources. Screenings may help people feel more comfortable talking about mental health.

Trying to figure out how to get help with depression or mental health symptoms can be challenging on your own. Self-screening tools can be a good first step to help yourself, a family member, or a friend. Be sure to review your results and any recommendations with your doctor or mental health professional.

Visit the Behavioral Health Resources section of the Magellan Healthcare website for mental health self-screening tools, educational resources and more.



Scan the QR code to visit Member.MagellanHealthcare.com or call your Employee Assistance Program at 1-800-523-5668 (TTY 711) for more information.