

## HEALTH TIPS

# Managing Depression

Depression impacts someone's mood and mental health, causing sadness and loss of interest in activities.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

## Managing Symptoms

It is important to talk with a doctor and support system (family, friends, partner, etc.) about depression and how it looks.

Other tools that can help include,

- Talking with a counselor or therapist
- Staying physically active- find enjoyable exercises
- Creating a routine that works
- Set reachable goals and ask for help
- Learn more about depression

It's important to get the support needed to feel healthy and thrive!

To learn more about depression visit,

- CDC Reports on Mental Health, [cdc.gov/nchs/pressroom/nchs\\_press\\_releases/2025/20250416.htm](https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2025/20250416.htm)
- Health First Colorado Behavioral Health Services Info, [hcpf.colorado.gov/behavioral-health-services](https://hcpf.colorado.gov/behavioral-health-services)

## Learn About Depression

Depression looks different for everyone. Sometimes it can look like,

- Loss of interest in activities or behaviors previously enjoyed
- Feeling worthless, hopeless or grumpy
- Overeating or loss of appetite
- Changes in sleep and routine

Depression can come and go over the course of someone's life or always be there. Many individuals across the U.S. have depression, it is common.

There are many treatment options and things people can do to treat and manage it!

## CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.

📞 800-541-6870

🌐 [nhprae2.org](https://nhprae2.org)

📞 State Relay: 711