Staying Social

One symptom of depression is withdrawing from people and activities. When you're depressed, sometimes you just don't feel like being around people or doing many activities. However, having people around you who care about you and staying involved with daily activities is important. This can help you feel connected and valued and improve your mood.

Your support system can include anyone you feel comfortable with. Don't forget to count your provider and your behavioral health care coordinator as part of your support system. Remember, too, that you can actually increase your support system by participating in activities.

The following are 10 ideas for things you can do to stay social and stay involved:

1. Have lunch or coffee with someone. This can be a good idea if you don't feel up to having a longer “dinner date.”
2. Go for a walk. Grab a neighbor and head around the block.
3. Volunteer. This lets you help others while helping yourself.
4. Call a friend. Pick up your phone and talk, don't just text!
5. Ask someone to call you. Having someone check in on you regularly can help you feel less isolated.
6. Join a club. Being with people who share the same interests can be exciting.
7. Take a class. Check out your local library—they may offer free courses.
8. Go to an event or movie. Laugh at a comedy!
9. Make it a point to share your feelings. Talking with a teacher, coach, clergy member, friend, or family member can help ease stress and anxiety.
10. Schedule a “standing” activity with someone once a week. This may give you something to look forward to and help you commit to staying social and involved.

Creating and maintaining social networks and participating in healthy activities is important. It can be hard because you may not always feel like being social or active. But don't give in to these feelings. Make the effort to reach out and stay connected!
Managing Depression
Depression can be hard to manage. While there are certain steps you can take to help you feel your best, taking those steps can seem overwhelming. That’s why building on small accomplishments is important.

Build on small accomplishments
You don’t start at one end of the road and suddenly find yourself at the other end. You have to take steps to get there. In the same way, depression is something you work on step by step. And walking down the road—taking small steps to feel better—is just fine. It’s not a race, and you don’t have to run! What may seem like small things—calling a friend or taking a short walk—are actually key parts of managing your depression. Remember to acknowledge and celebrate what you accomplish. You may be starting “small,” but as these small things start to help you feel better, you’ll be able to do more and more.

Steps you can take
• Follow up with your provider. Keep them updated on your ups and downs. This helps your provider make recommendations and prescribe appropriate medication.
• Take your medication as directed. To learn more, read the article on page 1.
• Eat healthy foods.
• Exercise. Doing something is better than nothing. If you’re not up to running a marathon, take a short walk around the block.
• Contact your behavioral health care coordinator. They can help answer questions and talk through your concerns with you. Find out more about what a behavioral health coordinator does in the article to the right.

As you work on managing your depression, you may face bumps in the road. Always remember that if your depression takes a turn for the worse or you have thoughts of harming yourself or others, call 911.

Source: HelpGuide

PrimeWest Health Resources
PrimeWest Health has programs to help keep you physically and mentally healthy. Care Coordination, Case Management, and Behavioral Health Care Coordination are 3 of these programs.

Care coordination and case management
Our care coordination and case management programs help you get the most from your health care. Your care coordinator or case manager can do the following:
• Help you when you have questions about your health care or prescriptions
• Schedule medical appointments as needed
• Promote good health practices that may prevent problems
• Help arrange services you need to stay safe and healthy at home

Behavioral health care coordination
Behavioral health care coordination focuses specifically on your mental and behavioral health care needs. Your behavioral health care coordinator can do the following:
• Answer questions about mental health care and prescriptions
• Schedule appointments with your mental health provider
• Help you navigate the mental health system
• Coordinate community services and supports

Contact information
Keep in touch with your care coordinator, case manager, and/or behavioral health care coordinator. Let them know when you need help. Tell them how they can best help you. Don’t know who to contact? Call one of the following:
• Jennifer at 1-888-588-4420 ext. 5342
• Member Services at 1-866-431-0801
• TTY users call 1-800-627-3529 or 711

You can also call the above numbers if you do not have a behavioral health care coordinator and would like one. These calls are free.
Depression Information from the CDC
The following article from the Centers for Disease Control and Prevention (CDC) answers a lot of questions people have about depression: What is it? What can I do? It also takes a look at depression in older adults. We hope you will find this information valuable—no matter what your age!

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.

Depression is not just having “the blues” or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.

How Do I Know If It’s Depression?
Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience—
• Feelings of hopelessness and/or pessimism
• Feelings of guilt, worthlessness and/or helplessness
• Irritability, restlessness
• Loss of interest in activities or hobbies once pleasurable
• Fatigue and decreased energy
• Difficulty concentrating, remembering details and making decisions
• Insomnia, early–morning wakefulness, or excessive sleeping
• Overeating or appetite loss
• Thoughts of suicide, suicide attempts
• Persistent aches or pains, headaches, cramps, or digestive problems that do not get better, even with treatment

How is Depression Different for Older Adults?
• Older adults are at increased risk. We know that about 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.
• Older adults are often misdiagnosed and undertreated. Healthcare providers may mistake an older adult’s symptoms of depression as just a natural reaction to illness or the life changes that may occur as we age, and therefore not see the depression as something to be treated. Older adults themselves often share this belief and do not seek help because they don’t understand that they could feel better with appropriate treatment.

How Many Older Adults Are Depressed?
The good news is that the majority of older adults are not depressed. Some estimates of major depression in older people living in the community range from less than 1% to about 5% but rise to 13.5% in those who require home healthcare and to 11.5% in older hospital patients.

How Do I Find Help?
Most older adults see an improvement in their symptoms when treated with antidepressant drugs, psychotherapy, or a combination of both. If you are concerned about a loved one being depressed, offer to go with him or her to see a health care provider to be diagnosed and treated.

If you or someone you care about is in crisis, please seek help immediately.
• Call 911
• Visit a nearby emergency department or your health care provider’s office
• Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor

Health and wellness or prevention information

Note: The information in this magazine is not professional medical advice. It is not a substitute for diagnosis or treatment. Do not ignore your health care provider’s advice or wait to ask for it because of something you read here. Links to other websites are provided as a resource only. PrimeWest Health does not endorse, recommend, or pay for products or services offered by such sites.
Attention. If you need free help interpreting this document, call the above number.

1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

Attention. Si vous avez besoin d’une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

โปรดทราบ. คุณสามารถขอความช่วยเหลือในการแปลเอกสารมีค่าใช้จ่ายที่จู่โจมได้ โทรไปที่หมายเลขที่ระบุ.

Hubachiisa. Dokumentii kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kennname bilibili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la’aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.
Civil Rights Notice

Discrimination is against the law. PrimeWest Health does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Auxiliary Aids and Services: PrimeWest Health provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner to ensure an equal opportunity to participate in our health care programs. Contact PrimeWest Health at memberservices@primewest.org, or call Member Services at 1-866-431-0801 (toll free) or TTY 1-800-627-3529 or 711.

Language Assistance Services: PrimeWest Health provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. Contact PrimeWest Health at memberservices@primewest.org, or call Member Services at 1-866-431-0801 (toll free) or TTY 1-800-627-3529 or 711.

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by PrimeWest Health. You may contact any of the following four agencies directly to file a discrimination complaint.

U.S. Department of Health and Human Services’ Office for Civil Rights (OCR)
You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex
- religion (in some cases)
Contact the **OCR** directly to file a complaint:
Director
U.S. Department of Health and Human Services’ Office for Civil Rights
200 Independence Avenue SW
Room 515F
HHH Building
Washington, DC 20201
Customer Response Center: Toll-free: 800-368-1019
TDD 800-537-7697
Email: ocrmail@hhs.gov

**Minnesota Department of Human Rights (MDHR)**
In Minnesota, you have the right to file a complaint with the MDHR if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the **MDHR** directly to file a complaint:
Minnesota Department of Human Rights
540 Fairview Avenue North
Suite 201
St. Paul, MN 55104
651-539-1100 (voice)
800-657-3704 (toll free)
711 or 800-627-3529 (MN Relay)
651-296-9042 (fax)
Info.MDHR@state.mn.us (email)

**Minnesota Department of Human Services (DHS)**
You have the right to file a complaint with DHS if you believe you have been discriminated against in our health care programs because of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. After we get your complaint, we will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.
DHS will notify you in writing of the investigation’s outcome. You have the right to appeal the outcome if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact DHS directly to file a discrimination complaint:
Civil Rights Coordinator
Minnesota Department of Human Services
Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
651-431-3040 (voice) or use your preferred relay service

PrimeWest Health Complaint Notice
You have the right to file a complaint with PrimeWest Health if you believe you have been discriminated against because of any of the following:

- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information
- disability (including mental or physical impairment)
- marital status
- age
- sex (including sex stereotypes and gender identity)
- sexual orientation
- national origin
- race
- color
- religion
- creed
- public assistance status
- political beliefs

You can file a complaint and ask for help in filing a complaint in person or by mail, phone, fax, or email at:
Rebecca Fuller
Civil Rights Coordinator
PrimeWest Health
3905 Dakota St
Alexandria, MN 56308
Toll Free: 1-866-431-0801
TTY: 1-800-627-3529 or 711
Fax: 1-320-762-8750
Email: rebecca.fuller@primewest.org

American Indian Health Statement
American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For elders age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.