



MAJOR DEPRESSION: THE IMPACT ON OVERALL HEALTH



PEOPLE DIAGNOSED WITH DEPRESSION ARE...

2x as likely to suffer from
1+ CHRONIC DISEASE

3x as likely to suffer from a
PAIN-RELATED DISORDER

7x as likely to suffer from **ALCOHOL
OR SUBSTANCE USE DISORDER**



Which can lead
to a loss of nearly
**10 YEARS OF
HEALTHY LIFE**



DEPRESSION DIAGNOSES

↑ 33% Since 2013

ESPECIALLY AMONG

TEENS

MILLENNIALS

63%

47%



WOMEN
are **2x** as likely
to be diagnosed
as men.



To read the full report on Major Depression, [click here](#).

IF YOU OR SOMEONE YOU KNOW ARE EXPERIENCING THESE SYMPTOMS...

- Sadness or "empty mood"
- Irritation or pessimism
- Decreased energy or fatigue
- Loss of interest in previously enjoyable activities
- Difficulty concentrating or remembering

1 SEEK HELP

Talk to a healthcare professional about the start date, frequency and severity of your symptoms. If you think someone has depression, encourage him or her to seek the right help.

2 MAINTAIN TREATMENT

If feeling better, do not stop treatment. Doctors will help you slowly and safely decrease medication or therapy. Expect your mood to improve gradually, not immediately.

3 FOCUS ON A HEALTHY LIFESTYLE

- Be active and exercise.
- Spend time with friends and relatives.
- Postpone important decisions until you feel better.

*Information above found within the BCBS study examines U.S. commercially insured members diagnosed with major depressive disorder (major depression) and uses the breadth and depth of data available through the Blue Cross Blue Shield Health Index.SM Tips and information here are recommended by the National Institute of Mental Health, providing an overview of depression.