



Symptoms of depression include:

- Constant sad, anxious or “empty” mood
- Feelings of hopelessness
- Decreased energy or fatigue
- Loss of interest or pleasure in hobbies and activities
- Trouble concentrating, remembering or making decisions
- Difficulty sleeping
- Appetite and/or weight changes
- Thoughts of death or suicide



Almost everyone feels sad, lonely or depressed at times. However, when these feelings become overwhelming, cause physical symptoms and last for more than two weeks, it's time to see your doctor.

Visit www.tricare-west.com/go/learningcenter for a recorded class on this topic.



Looking for additional help with your depression?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: www.tricare-west.com/go/DMFAQ.