

## Do you have questions?

Call our 24-hour Nurse Advice Line.  
We are here to help you.



**English:**  
**(888) 275-8750**

**Español:**  
**(866) 648-3537**

**TTY/TDD:**  
**711**

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your provider's advice.

To get this information in other  
languages and accessible formats,  
please call Member Services. This  
number is on the back of your  
Member ID card.

**MolinaHealthcare.com**



# Chronic Conditions and Mental Health

Behavioral Health

**MolinaHealthcare.com**



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## Are you living with a chronic condition that is hard to manage?

When you suffer from a chronic health condition like diabetes, asthma, high blood pressure or heart disease, life can feel like a heavy weight. The effects of chronic disease can change the way you manage daily activity. Many people with chronic health conditions often become depressed or anxious.

### What are the signs?

- You feel sad often.
- You have mood swings.
- You lose interest in things you once enjoyed.
- You sleep poorly.
- You drink too much alcohol.
- You eat too much or too little.
- You gain or lose weight suddenly.
- You feel nauseous.
- You feel nervous.
- You have memory loss.
- You find it hard to focus.

## How can you prevent depression or anxiety?

- Ask your primary care provider for support in finding community services that may be helpful.
- Talk to family members or friends about how you are feeling.
- Make healthy lifestyle choices: eat well, stay active and take your medicine as prescribed.

### Can you treat depression or anxiety?

- Yes! Talk to your provider. Your provider can help you get treatment.
- Left untreated, depression or anxiety can make your chronic condition worse.
- Ask for help. You can get treatment and feel better.