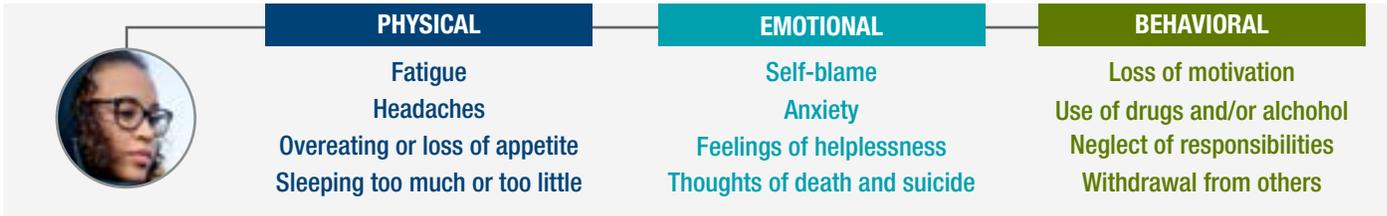


# ALLEVIATING DEPRESSION AND PREVENTING SUICIDE



## SYMPTOMS – MORE THAN BEING SAD

Depression is more than being sad. It can be the first clue that something more serious is going on. An individual with depression can have physical symptoms, such as fatigue, overeating, loss of appetite, unexplained pain, and more.



You can recognize symptoms of depression and treat those who may be at risk of suicide before it's too late.

## SCREENING AND INTERVENTION

Molina recommends the use of evidence-based screening tools such as the Patient Health Questionnaire (PHQ-9), which is used to monitor the severity of depression and response to treatment. Healthcare providers are requested to screen all their patients and, when appropriate, recommend treatment and/or provide a referral.

In addition to screening for depression, providers can take action to prevent suicide and improve health outcomes for patients by creating agreements with behavioral health practices for timely referral and treatment, ensuring all staff are trained in safety planning and assessing for access to lethal means (such as guns/drugs) and providing the patient with access to crisis lines and services.

- Suicide is the 10th leading cause of death in the US.
- On average, 132 persons die by suicide each day.
- 90% of those who die by suicide have a diagnosable mental health condition.

*Suicide Facts & Figures: United States 2020*  
<https://www.datocms-assets.com/12810/1587128056-usfactsfiguresflyer-2.pdf>

## TREATMENTS

Many treatment options exist for patients suffering from depression, some of which include:



When you are working with a Molina member who you suspect may have depression and/or suicidal thoughts, we can help you with recommendations and referrals for the member.

 **Look** for red flags, and let us know when you would like support from our Care Management team.

 **Identify** potential areas of risk or intervention. It is important to comply with locally mandated reporting requirements regarding suicidal ideation.

In July 2020, the US government launched a campaign to reduce high suicide risks, especially during the coronavirus pandemic and among veterans. **Suicide is preventable when we all work together and talk openly about solutions.**

<https://apnews.com/3cdb1d8e5ce7027dced1d50b09810033>