

Depression

The Depression Disease Management Program is only available to members of the Missouri Care Health Plan.

Depression is an illness that affects your mind and body. It can make you feel sad and helpless and make you lose interest in activities, relationships and have loss of energy. It is different from normal feelings of sadness, grief or low energy. Depression can also cause feelings of hopelessness.

If you have been diagnosed with depression, it is important that you learn as much as you can about it. Your health plan has a program for depression and wants you to take steps to be healthy in your body, mind and spirit. You may receive information in the form of a newsletter that will provide general information about some of the ways that you can obtain help for your depression. If your depression is more serious, a nurse might call you and work with you. We will communicate with your Primary Care Provider (PCP) so that your PCP can take steps to make sure that you are getting the treatment that he or she determines is right for you.

If you want to learn more about the depression disease management program, please call 1-866-642-1579/TTY 602-659-1144.

Hours of Operation:

5:00 am-8:00 pm Arizona/Pacific Time

7:00 am-10:00 pm Central Time

8:00 am-11:00 pm Eastern Time