

# We all feel down once in a while

**When these symptoms last longer than 2 weeks,  
you may need more support —**

- Feeling sad, hopeless, and helpless
- Feeling guilty and/or worthless
- Thinking negative thoughts
- Having a loss of interest in things

**AspenPointe TeleCare is here to help**



**AspenPointe TeleCare's Depression Care Management (DCM)** program is available to you as a benefit through your health plan with the City of Colorado Springs. The confidential DCM program is completely telephonic and designed to support you as you take steps toward managing your depression.

**TeleCare** is staffed with Care Managers who are licensed behavioral health professionals, specially trained to help you understand and manage depression. Your Care Manager will listen to you, support you and help you learn new skills to help relieve depression symptoms. You will schedule time to talk with your Care Manager, as you need to, and when it's convenient for you. You'll receive personalized guidance and support you need to feel better and to get your life back.

**Help is just a phone call away**

Call **719-572-6133** or **888-845-2881** and ask to speak to a Depression Care Manager  
or email **TeleCare@AspenPointe.org**

