**Feeling blue?**

You’re not alone.

Many people feel down and out once in a while. Feeling blue can be a form of mild depression. If you’re feeling blue, you’re not alone. More than 19 million adults live with depression.

Talk to your doctor about how to cope. One of these options may be right for you:

* Counseling –Talk to a professional. It can be as helpful as medicine for those with mild to moderate depression.
* Be active – Aim for 30 minutes, three days a week. It can increase energy and relieve anxiety.
* Antidepressants – Medicine helps about 70 percent of people. It’s most helpful for those with severe depression – or those who’ve had mild and moderate depression for a long time.

To get help bouncing back, visit **healthpartners.com/wellbeing** and choose the Healthy Thinking activity after you log in. Or, download the myHP mobile app and select the Living Well icon.

You can also call **952-883-5811** or **888-638-8787,** Monday through Friday 8 a.m. to 5 p.m. CT to talk with a behavioral health specialist.