

Treatment for Depression

Talk to your health care practitioner.

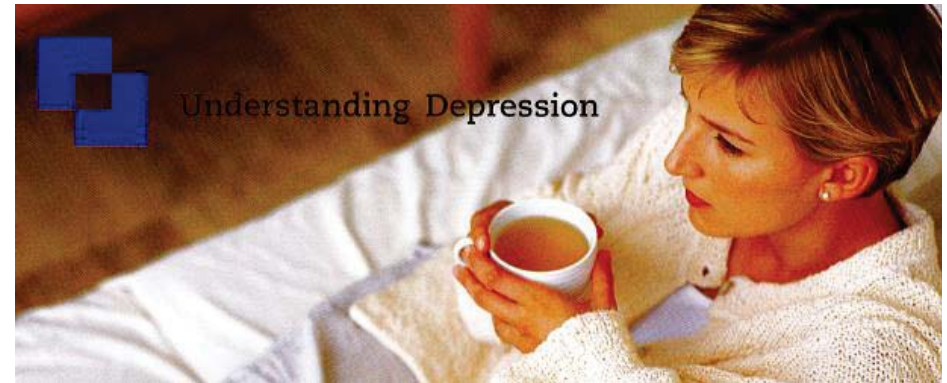
You should talk to your health care practitioner if you've had problems sleeping, if you are suddenly eating more or less than usual, or if you are losing interest in things you've always enjoyed in the past. You may have a hard time concentrating or remembering things. You may be tired more often and you may have thoughts of death or suicide. Frequent outbursts of anger or sadness are also signs that you could have depression.

How does my health care practitioner make a diagnosis of depression?

The best way to find if you are suffering from depression is to talk about your symptoms with your health care practitioner. He or she will ask you certain questions about how you've been feeling, or ask you to complete a questionnaire that can help make an accurate diagnosis.

What is the treatment for depression?

Depression is commonly treated with counseling, antidepressant medication or both. The choice of treatment depends on how severe your symptoms are, your medical history, and what you think will work best for you. Your health care practitioner can help you decide which treatment option is the best for you. If your health care practitioner starts you on antidepressant medication, it is very important for you to see him or her at least 3 times within the first 3 months. Your health care practitioner will check your progress and watch for any possible side effects of the medication.



Taking care of depression every day

Depression is a treatable illness. Working with your doctor, you can learn to manage depression. Keep all your medical appointments.

- Take your medicine as directed every day.
- Consider talk therapy (psychotherapy) .
- Keep track of your moods.
- Know your warning signs.
- Keep a regular schedule of diet, exercise, and sleep.
- Avoid drugs or alcohol.