

How Do I Get Help for Depression?

If you think you are depressed, talk with your healthcare provider. Depression is a real medical condition; and it is treatable. Treatment may include medicine, counseling, or both.

Medicine

Talk with your provider about the different kinds of medicine to treat depression. Ask questions and write down the answers. It is important to understand how to take your medicine correctly.



Questions may include:

- What is the name of the medicine? _____
- How much should I take? _____
- When should I take it? _____
- How long will I take it? _____
- How soon should I expect results? _____
- What should I avoid while taking this medicine? _____
- What are the possible side effects? _____
- What should I do if side effects occur? _____

Counseling

Your provider may suggest that you talk with a counselor or therapist. Talking may help you learn why you feel and act certain ways. You and your counselor may work on ways to help you cope with your feelings.

Here are some suggested questions to ask your counselor:

- What will I need to do during therapy?
- How often will we meet?
- How long will counseling continue?
- If I have an emergency, how do I get help?

**Ask for help...don't wait!
Talk to a healthcare
provider about how you feel.**

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Working with Your Healthcare Provider or Counselor

Planning can help you get the most out of your visits with a provider or counselor. The tips below can help you plan.

Before the Visit

- Write down the date and time of your visit. Put it somewhere you can see it regularly. If needed, arrange transportation in advance.
- Bring all of your medicines, including any vitamins, herbs, and supplements.
- Write down any questions you want to ask so you don't forget them once you are in the office.

At the Visit

- Tell the provider or counselor how you feel. Share any changes in your life.
- Discuss any health problems.
- Talk about the written questions you brought.
- Discuss any medicines you're taking.

Before the End of the Visit

- Write down the provider's or counselor's advice. If needed, ask your provider or counselor for help in writing down the information.
- Make sure that you leave with clear direction on what medicines to take and how to take them.
- Ask when to come back. Set up your next visit.
- Ask what to do if you do not feel better.

After the Visit

- If needed, get your medicine filled at the pharmacy.
- Call the provider or counselor if you forget what to do.
- Share what you learned with trusted family or friends.
- Call your provider or counselor if you're having new or changing thoughts about death or suicide.

Remember...

You and your healthcare provider and counselor are a team. Talk openly and honestly with them about your feelings.

