

How Do I Help Myself If I Have Depression?

If you have depression, one of the most important things you can do is talk with a healthcare provider. Also, your actions can help.

Take It Slow

- Be patient with yourself. Treating depression takes time.
- Learn about depression.
- Try to do activities that you enjoyed before.
- Spend time with trusted friends and family.
- Set small, achievable goals for yourself.
- Break up large jobs into a series of small tasks.
- Postpone important decisions that can wait until you feel better.



Stick with Your Treatment Plan

- If you are prescribed a medicine, keep taking it as directed by your provider. If you don't feel better, it's important to let your provider know.
 - It takes time for the medicine to work.
 - Talk to your provider or pharmacist about any side effects you may have.
- Be sure to keep your healthcare appointments.
- Be open and honest with your provider and counselor about your symptoms and how you're feeling. They need you to tell them how you really feel.

Get Help From Other People

- Ask trusted friends and family.
- Contact your provider and/or counselor.
- Consider joining a support group.
- Who to contact if you have new or increasing thoughts of death or suicide:
 - Your provider or counselor
 - The National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)
 - Call 911 or go to the emergency room

Talk openly and honestly with your healthcare provider. Get the help you need.

