# Treatment for Depression

Talk Therapy Medication Self-Care Action Plan

# Talk Therapy can help you feel better

- Talk therapy is also called psychotherapy or counseling. Talk therapy is different than talking with your family or friends about problems.
- A talk therapist will ask you about concerns and help you find ways to deal with them.
   Talk therapy can be as helpful as medicine for your depression.
- Ask your doctor to help you choose a talk therapist.

# You and your doctor may decide on medication

- Medication usually takes 2-4 weeks before it starts to work.
- You have to keep taking the medicine even after you start to feel better.



- If you stop taking the medicine too soon, there is a good chance your depression will come back.
- Most people have to stay on the medicine for at least 9 months for the full effect.

#### Have a Self-Care Action Plan

- · Choose something you want to do, not something you think you should do.
- Set a goal you think you can meet.
- Think about the small steps you can take to reach your goal.
- Ask a friend or family member to help you track your success in meeting your goal.

#### What else should you do?

- Keep appointments with your talk therapist and your doctor. Do this whether your depression is getting better or worse.
- Take your medicine as directed.
- Talk to your doctor if you have questions about your medicine or if you are thinking about not taking it.



# **Treatment Planning Guide**

Sheila R. Woody, Jerusha Detweiler-Bedell, Bethany A. Teachman, Todd O'Hearn **Treatment Planning Guide:** 

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