

Stories of Depression

Part 2 -Getting Help

Steps to understand and get help for depression:

See your doctor. Get a checkup and talk about how you are feeling. Get treatment for your depression. You can feel better. See your doctor. Don't wait. Talk to your doctor about how you are feeling.



Get a medical checkup to rule out any other illnesses that might be causing signs of depression. Ask if you need to see someone who can evaluate and treat depression. If you don't have a doctor, check your local phone book. Go to the government services pages (they may be blue in color) and look for "health clinics" or "community health centers." Call one near you and ask for help. Get treatment for your depression. You can feel better.

There are two common types of treatment for depression: (1) medicine and (2) "talk" therapy. Ask your doctor which type is best for you. Some people need both treatments to feel better.

Medicine Medicines for depression are called "antidepressants." Your regular doctor or a (a medical **psychiatrist** doctor trained in helping people with depression) can prescribe them for you. Antidepressants may take a few weeks to work. Be sure to tell the doctor how you are feeling. If you are not feeling better, you may need to try different medicines to find out what works best for you. Medicines sometimes cause unwanted "side effects." You may feel tired, have blurred vision, or feel sick to your stomach. Tell the doctor if you have these or any other side effects.

"Talk" therapy "Talk" therapy involves talking to someone such as a , **psychologist, counselor** or **social worker**. It helps you learn to change how depression makes you think, feel,

and act. Ask your doctor or psychiatrist who you should go to for talk therapy. **You can feel better.**

How to help someone who may have depression

If you know someone who seems depressed and may need help, here are some things you can do: Tell the person that you are concerned about him or her. Share the information in this program with the person. Talk to the person about seeing a doctor. Take the person to see the doctor. If the doctor offers the name and phone number of a psychiatrist or someone for "talk" therapy, call the number and help the person make an appointment. Take the person to the appointment. "Be there" for the person after he or she starts treatment.

Things to remember: Look for signs of depression. Understand that depression is a real illness. See your doctor. Get a checkup and talk about how you are feeling. Get treatment for your depression. You can feel better.

For more information: You can call or write any of these organizations for free information about depression. You can also find more information on their web sites.

National Institute of Mental Health (NIMH)

Free call: 1-800-421-4211

Local call: 301-443-4513

Web site: <http://www.nimh.nih.gov>

National Alliance for the Mentally Ill (NAMI)

Free call: 1-800-950-6264

Web site: <http://www.nami.org>

Depression & Bipolar Support Alliance

Free call: 1-800-826-3632

Web site: <http://www.ndmda.org>

National Foundation for Depressive Illness, Inc. (NAFDI)

Free call: 1-800-239-1265

Web site: <http://www.depression.org>

National Mental Health Association (NMHA)

Free call: 1-800-969-6642

Free call - hearing impaired (TTY): 1-800-433-5959

Web site: <http://www.nmha.org>

Text adapted from National Institute of Mental Health Publication

No.02-5084 - Sept. 2002

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A Healthy Roads Media project

Reviewed 4/2009