

DEPRESSION

AND ITS TREATMENT

Depression is an emotional condition that causes deep feelings of sadness and disinterest. People with depression have severe symptoms that negatively affect how they feel and think. They find it difficult to continue with daily routines, with the ability to work, sleep, study, eat and enjoy life.



WHAT IS THE TREATMENT FOR DEPRESSION?

There are effective treatments to control the symptoms of depression, improve psychological functioning, and prevent future depressive episodes. A team of mental health professionals will help you identify appropriate treatment and follow up to evaluate your progress.



Treatment for depression may include:

- **Psychotherapy:** Conversational counseling to help with the control of thoughts, feelings, and behaviors.
- **Medication:** Antidepressants are usually used to help improve mood, stress, anxiety, or insomnia.
- **Both:** A combination of psychotherapy and medication under the care of an integrated team of mental health professionals.
- **Support:** Having support from family, friends or community groups can help with the recovery process.



HOW TO COMPLY WITH THE RECOMMENDED TREATMENT?

Once you have started treatment you will gradually feel better. Some symptoms improve immediately, while others may take 4 to 8 weeks for relief. Don't put pressure on getting immediate relief and focus on following the recommended treatment:

- Keep your appointments.
- Take your medications daily as prescribed. Talk to your doctor before stopping treatment or if you have side effects.
- Plan a regular bedtime and wake-up time.
- Eat healthy foods.
- Do physical activity such as walking or running.
- Do what you can and how you can. Decide what is a priority and what can be postponed.
- Share with others and talk to people you trust about how you feel.
- Postpone important life decisions until you feel better.
- Avoid alcohol, cigarettes, illegal drugs, and over-the-counter medicines.

Remember, if depression is not treated properly, it can have serious consequences on your mental and physical health. It may also increase the risk of suicide.



**CONSULT WITH YOUR MENTAL HEALTH PROFESSIONAL
IF YOU HAVE QUESTIONS ABOUT YOUR TREATMENT.**

For guidance and assistance, call the
PSM Beneficiary Service
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
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