

HEALTH TIPS

WHAT YOU CAN DO

Depression

Depression is more than just feeling sad for hours or a few days. It's a feeling of 'the blues' or hopelessness that makes it hard to get through the day.



Make an appointment with your doctor.



Exercise or walk at least 30 minutes every day.



Stop smoking.

You may be depressed if you:

- Have felt sad for a long time
- Do not enjoy things that you used to
- Sleep more or less than usual
- Had a change in your appetite causing you to lose weight or gain weight
- Thought about death or killing yourself

Your doctor wants to help you with your depression!

- Depression is very serious.
- Your depression can also be painful for your friends and family members.

If you feel like hurting yourself, call 911!

What can I do for my depression?

- Get help
- Talk with a counselor, a friend or someone in your church
- Exercise or walk at least 30 minutes every day
- Stop smoking, stop drinking alcohol
- Make an appointment with your doctor
- If your doctor gives you medicine:
 - Take the medicine every day, it can take several weeks for the medicine to work
 - Even if you are feeling better, do **not** stop taking your medicine
 - Sometimes you may need two medicines

Next appointment: _____

Things to ask your doctor or pharmacist about depression:

- What can I do to help make my depression better? _____
- What is the name of my depression medicine? _____
- What time of day should I take my medicine and can I take it with my other pills? _____
- Does it matter if I take my medicine *with* or *without* food? _____
- What are the side effects of my depression medicine? _____
- How long should I take my medicines? _____

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For more information, go to www.MedlinePlus.gov and search for "Depression"

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