

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.

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!

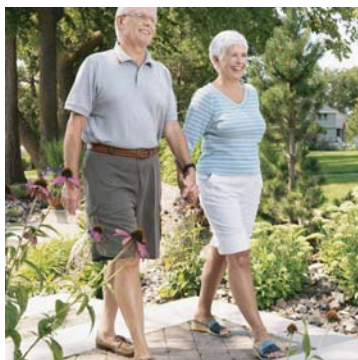
What can I do for my depression?

- 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's office.
- If you are given 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: _____

Questions to ask your doctor's office 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? _____



Exercise or walk at least 30 minutes every day.



Stop smoking.

REMEMBER: If you feel like hurting yourself or someone else, call 911 and get help right away!

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

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