

DEPRESSION

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

4.2

GENERAL MEASURES

Psychotherapy or counseling along with drug treatment appears to obtain the best results. (Many different types of psychotherapy are available ranging from simple problem-solving type to behavioral therapy to psychoanalysis). Hospitalization or inpatient at special treatment center may be required for severe depression. Seek support groups. Contact social agencies for help if you feel suicidal. Electroconvulsive therapy (use of electric shocks to produce a seizure) used in severe cases. It is effective and safe and may be life-saving.

MEDICATION

Antidepressant drugs for some persons with prolonged or moderately severe depression. Lithium for alternating mania and depression. Anti-anxiety drugs may be prescribed. Sedatives may be prescribed temporarily for insomnia.

ACTIVITY

No restrictions. Maintain daily activities and interests even if you do not feel like it. Attend social functions, concerts, athletic events, plays and movies. Keep in touch with friends and loved ones. Engage in regular, strenuous exercise. This helps relieve depression.

DIET

Eat a normal, well-balanced diet even if you have no appetite. Vitamin and mineral supplements may be necessary.

NOTIFY OUR OFFICE IF...

You or a family member has symptoms of depression.
You feel suicidal or hopeless.

Student Health Center



WWW.SIU.EDU/~SHC

618-453-3311

This information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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