



Depression: Your treatment options

Depression is different for everyone, and so are depression treatments. A treatment that works for one person might not be helpful to another. If you have depression, there are many options to try.

Depression medication

Antidepressants are the most commonly prescribed medications in the United States. They help up to 70 percent of people who take them, including people with severe depression and those who have with mild or moderate depression for a long time. Your doctor can help you find an antidepressant that works for you. Never stop taking your medicine without talking to your doctor first, even when you feel better. When you find the right medicine that works for you, take it for at least six months for the most benefit.

Counseling works too

Medicine helps many of the 19 million Americans who have depression, but it's not the only answer. Other options can be used alone or with medicine. For many, talking to a counselor is helpful. In fact, counseling is about as effective as medicine for people with mild to moderate depression. Several studies show that brief counseling helps long after the sessions are over. This is because people learn new ways to think and cope.

Move more

Exercise increases the good chemicals in the brain, which can help you feel better. It improves energy, relieves anxiety and helps you feel in charge. Be sure to talk to your doctor about starting an exercise program safely, then get moving—there's no downside to exercising! Moving more doesn't have to mean endless hours at the gym. Try an activity you love, like dancing, gardening,

A study in the Archives of Internal Medicine found that people who either walk or run for 30 minutes (plus warm up and cool down) three times a week, feel better. After five weeks, many people improved. After four months, 60-70 percent felt that their depression was gone.

Visit healthpartners.com/healthlibrary and search "depression" to:

- Find information on how to help someone get help for depression
- Learn how to support a loved one who has depression
- Take a quiz to find out if you have depression