

What your recovery from depression can look like



As you start to feel better

You may wonder what the future will bring as your depression symptoms appear less often. You might wonder how long you will need to stay on treatment. The goal of treatment is to no longer feel the symptoms of depression. To achieve this, your healthcare provider may want you to stay on treatment even after you feel better. **This could mean staying on treatment for several years.**

Managing challenges

You may have a “bad day” once in a while, even after treatment. **You may still have negative thoughts from time to time.** When this happens, try some of the healthy coping methods that have helped you in the past. Talk with your healthcare provider about one that may help you.

For example:

If you feel better when you are with friends

Go out to see a movie together

If it helps to talk with others who have depression

Join a support group to know you're not alone



Support is all around you

If at any time you feel like giving up or feel that you might hurt yourself, take action. **Call 911**, call your healthcare provider, or go to the emergency room right away.

You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

Knowing your symptoms and triggers

Sometimes even after you feel better, depression can come back. It is good to know the events that can cause symptoms of depression. These are called triggers. The chart below can help you notice signs of depression and your triggers. This can help you manage your depression better.

Check the boxes that you connect with and share any concerns with your healthcare provider or a trusted friend.



My Symptoms

- Having aches and pain
- Being unable to sleep or sleeping too much
- Eating too much or not enough
- Not wanting to be around others
- Feeling guilty, restless, irritable, or tired often
- _____
- _____

My Triggers

- Stress at work or home
- Lack of sleep or too much sleep
- Change, such as starting a new job, getting married, or moving
- Money issues or time pressures
- Loss of a loved one
- _____
- _____

Steps I Can Take

- Make an appointment with my healthcare provider
- Continue to take medicine exactly as prescribed
- Get support from family, friends, mental health counselors, or a support group
- Follow through on healthy lifestyle changes
- Practice stress management
- _____
- _____



Additional resources

Check out these organizations for more information about depression or how to find help:

Depression and Bipolar Support Alliance

dbsalliance.org | 1-800-826-3632

National Suicide Prevention Lifeline

suicidepreventionlifeline.org
1-800-273-8255

Visit lillyforbetterhealth.com for more information about depression.
