

# Talking about depression with your healthcare provider



When you have depression, it helps to talk. You can ask your healthcare provider questions about your symptoms or your treatment.

To get started, read through this sheet and pick the questions you would like to talk about at your next appointment. **Take this sheet with you to make the most of your visit.**

## My symptoms

Write down how you've been feeling. Also, list any recent changes in your mood.

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## Then, go through these questions with your healthcare provider.

What can I do to manage these symptoms? \_\_\_\_\_

Are they all part of having depression? \_\_\_\_\_

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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.**



## Managing my treatment

Most people respond better to treatment when they go to talk therapy and take medicine. **Ask your healthcare provider the questions below to see what treatment plan may be right for you.**

### Talk therapy

Would counseling or therapy help me? If so, how soon might I feel better?

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How often should I go to therapy?

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How can friends and family help support me?

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What are good ways to ask for help?

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### Medicines

Would medicine help me? If so, how soon might I feel better?

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How long will my treatments last?

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What are common side effects of the medicine?

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How do I manage side effects? Will they go away?

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## Ask about living a healthy lifestyle



What types of activity might be right for me? How often and how long should I exercise?

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Should I complete a physical exam? What types of things are done during the exam?

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Should I follow a special eating plan?

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Is it safe to drink alcohol while I'm taking my medicine?

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How much sleep should I get each night? What can I do to help myself sleep?

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What steps can I take to stop smoking?

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