



How do I get help for depression?

Tell someone if you feel sad or down. With the right help, you may feel better. Ask for help.

See a doctor for help

See a doctor for help with depression. Doctors often treat this illness with (1) medicine or (2) talking. Some people use both medicine and talking.

Medicine

Medicine for depression may help you feel better. Talk to your doctor about the different kinds of medicine for depression. Take your medicine each day as your doctor tells you. Follow your doctor's advice.

Talking

Your doctor may want you to talk with a counselor. Talking may help you learn why you feel and act certain ways. You may learn to solve problems and stay calm under stress. Find a counselor you like. You may work together for a while.

Get help now

Don't wait. Talk to a doctor about how you feel. This helps the doctor choose the best way to treat your depression.