

May is “Mental Health Awareness Month”



A Mental Health Minute



Treatment options for Depression



Depression is a highly treatable illness. Most people with clinical depression can be treated successfully with medications, psychotherapy, or a combination of both. Studies show that a combination of medication and psychotherapy is significantly more effective than medication or psychotherapy alone and that continued treatment can significantly reduce the risk of recurrence.

Psychotherapy plays an important role in the treatment of depression. This type of treatment is often used alone in cases of mild to moderate depression and in cases of those who cannot or will not take antidepressant medications. Both individual and group therapy can be used.

Psychopharmacological or Medication. There are many very effective medications available to treat depression. These medications work to alter the action of brain chemicals to improve mood, sleep, appetite, energy levels, and concentration. Different people respond better to different medications and sometimes more than one medication is needed to treat clinical depression. One common reason people do not respond to antidepressant treatment is because they do not take their medications properly. It typically takes four to twelve weeks before the results of an antidepressant medication will be seen. Antidepressant drugs are not habit-forming or addictive. Because depression is often a recurrent illness, it may be necessary to stay on the drug even after recovery to prevent new episodes of depression.

For more information call.....

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