

Managing Depression

Depression is an ongoing condition. You have to help make decisions about your care.

The Steps to Treating Depression

The First Visit

Your Mental Health Professional will ask you questions and may ask you to fill out a questionnaire. After your Mental Health Professional has diagnosed you as having depression, he/she will talk to you about:

- How serious it is.
- The choices for treatment.
- Developing an initial treatment plan that may include:
 - 1) Waiting a few weeks to see if symptoms get better
 - 2) Antidepressant medication
 - 3) Counseling

Follow-Up Visits

You should have a follow-up appointment and/or telephone call every 1 to 2 weeks to see if you are feeling better, are the same or getting worse.

- Your Mental Health Professional will ask about your daily life at work, at home and with family and friends. This may include asking you to fill out a questionnaire.
- If you've **selected antidepressant medication or a combination of an antidepressant and counseling**, your Mental Health Professional will check if the medication is working and if there are any medication side effects. Do not stop taking your medicine without talking with your Mental Health Professional. Your depression can come back or cause side effects.
- If you've **selected counseling**, and your symptoms are getting worse or are the same, you may need another type of treatment.
- If your depression is affecting your health, your Mental Health Professional will ask for permission to speak with your PCP so that they can work together to help you.

Scheduling Periodic Check-Up Visits

Depression needs check-ups just like hypertension, diabetes, or heart disease. Your Mental Health Professional will use a check-up schedule that is right for you.

Life Choices

Healthy life choices can help prevent depression from coming back. These choices include: staying away from alcohol and non-prescription drugs; exercising regularly, yoga/meditation or other relaxation techniques, getting enough sleep and having a balanced diet.

Kontwòl Depresyon

Depresyon se yon maladi ki toujou la. Ou dwe ede pran desizyon sou swen ou.

Etap yo pou Trete Depresyon

Premye Vizit la

Pwofesyonèl Sante Mantal ou a pral mande w kesyon epi ka mande w pou ranpli yon kesyonè. Lè Pwofesyonèl Sante Mantal ou a fè dyagnostik ke ou soufri depresyon, li pral pale sou sa ak ou:

- Si li grav.
- Chwa tretman yo.
- Prepare yon plan tretman pou w kòmanse ki ka genyen ladan li:
 - 1) Tann kèk semèn pou wè si sentòm yo fè miyò
 - 2) Bay medikaman kont depresyon
 - 3) Sesyon Konsèy

Swivi

Ou dwe genyen yon lòt randevou ak/oswa rele nan telefòn chak 1 ou 2 semèn pou wè si w santi w miyò, rete menm jan oswa vin pi mal.

- Pwofesyonèl Sante Mantal ou a pral mande w kouman wap viv chak jou nan travay, lakay ou ansanm ak fanmi ou ak zanmi ou. Li ka mande w tou ranpli yon kesyonè.
- Si ou **te chwazi medikaman kont depresyon oswa yon konminezon medikaman kont depresyon ak sesyon konsèy**, Pwofesyonèl Sante Mantal ou a pral cheke pou li wè si medikaman yo ap mache epi si genyen malèz ak medikaman yo. Pa sispann pran medikaman ou yo san ou pa pale ak Pwofesyonèl Sante Mantal ou a. Depresyon ou la ka retounen oswa vin ba ou malèz.
- Si ou **te chwazi sesyon konsèy**, epi sentòm ou yo ap vin pi mal oswa rete menm jan, ou ka bezwen yon lòt kalite tretman.
- Si depresyon ou a ap afekte sante w, Pwofesyonèl Sante Mantal ou a pral mande pèmasyon pou li pale ak moun prensipal ki ap ba ou swen (PCP) pou yo ka travay ansanm pou ede w.

Pran Randevou Pou Tchèkòp Regilye

Ou bezwen fè kontwòl depresyon menm jan ak tansyon, dyabèt, oswa maladi kè. Pwofesyonèl Swen Sante ou a pral itilize yon orè tchèkòp ki bon pou ou.

Chwa nan Lavi

Bon chwa nan lavi ka ede anpeche depresyon pa vin retounen. Nan chwa sa yo genyen: rete lwen alkòl ak medikaman yo pa preskri w, fè egzèsis detanzantan, fè yoga/meditasyon oswa lòt teknik pou w relaks, dòmi kantite tan ou dwe dòmi epi.

Pou piplis enfòmasyon kontakte:
Alyans Nasyonal pou Maladi Mantal
(National Alliance for the Mentally Ill)

www.nami.org/index.html

Enfòmasyon sous depresyon ak lòt maladi sante mantal, lwa Eta ak federal, atik jounal, verite yo ekri sou depresyon epi piplis ankò.

Asosyasyon Nasyonal Moun ki Soufri Depresyon epi Gwo Depresyon Grav
(National Depressive and Manic-Depressive Association) <http://www.ndmda.org/>

Enfòmasyon sous tout kalite depresyon, depresyon kay jenn timoun, istwa malad ki geri ak siksè epi eksperyans klinik ki disponib. Li bay detay sou kote biwo yo sitiye nan katye yo, pwogram edikasyon, tout bagay nèf ki fèt, kalandriye aktivite epi piplis.

Asosyasyon Nasyonal Sante Mantal
(National Mental Health Association) www.nmha.org/ccd/index.cfm

Enfòmasyon ak resous tankou mwayen pou detekte depresyon, sentòm, kesyon yo poze pi souvan, kalite tretman, pwoblèm depresyon kay fanm, depresyon kay granmoun epi yon kalandriye tout aktivite yo.
Oubyen rele: 1-800-969-6642

Enstiti Nasyonal Sante Mantal
(National Institute of Mental Health) www.nimh.nih.gov
Oubyen rele: 1-866-615-6464

Fondasyon Nasyonal pou Maladi Depresyon
(National Foundation for Depressive Illness) www.depression.org
Oubyen rele: 1-800-239-1265

Depatman Sante ak Lijèn mantal Vil Nouyòk
(NYC Department of Health & Mental Hygiene) www.nyc.gov/health
Li genyen yon "Kalandriye Aktivite" ki genyen yon sou seksyon sou Sante Mantal, Alkolism ak depandans chimik. Enfòmasyon sou gwoup kap bay sipò.

Liy telefòn dirèk LIFENET pou kesyon (LIFENET Hotline) www.800lifenet.com
Sèvis 24 è 7 jou nan semèn la pou referans ak enfòmasyon pou tout entèkansyon sekre sou yon pwoblèm grav nan vil Nouyòk.

Nan Angle: 1-800-LIFENET (1-800-543-3638)
Nan Panyòl: 1-877-AYUDESE (1-877-298-3373)
Nan Chinwa: ASIAN LIFENET (1-877-990-8585)
Tout lòt Lang: 1-800-LIFENET (1-800-543-3638)
TTY (pou moun ki genyen pwoblèm tande): (212) 982-5284

Sous: Inisyativ Fòmasyon MacArthur sou Depresyon ak Swen Prensipal

MANAGING DEPRESSION

KONTWOLE DEPRESYON



MetroPlus Health Plan
11 West 42nd Street, New York, NY 10036
Enfòmasyon Manm:
1-800-303-9626
Pou enfòmasyon sou Plan Sante MetroPlus:
1-800-475-METRO

