

Treatment of Depression

What Will

Treatment Do for Me?

Treatment reduces the pain and suffering of depression.

Successful treatment removes all of the symptoms of depression and returns you to your normal life. As with other medical illnesses, the longer you have the depression before you seek treatment, the more difficult it can be to treat. Most people who are treated for depression feel better and return to daily activities in several weeks. Because it takes time for treatment to work fully, the earlier you get treatment for your depression, the sooner you will begin to feel better.

You may have to try one or two treatments before finding the best one. It is important not to get discouraged if the first treatment does not work. In almost every case, there is a treatment for the depression that will work for you.

What Are

Effective Treatments?

The two effective treatments for depression are medications and psychotherapy. Either can be used alone, or they can be used together. Primary care doctors are most familiar with medication treatment.

Other treatments, such as herbal medicine, are not so effective. For instance, non-prescription therapies such as St. John's Wort, ginkgo biloba, and ginseng have been used to treat depression. In general, however these therapies are not very reliable, and many people delay getting appropriate treatment when they take herbal medicines. If you are taking any herbal medicines, or are thinking about trying them, check with your doctor first.