

What If I Don't Feel Better

A common effect of depression is a strong belief that nothing can help you get better. This is not true. Stick with your doctor and your treatment.

Your doctor may choose to either increase the dose of your medication, or switch you to another type of antidepressant. There are a lot of choices of medications, and it may take time to find the medication that works best for you.

Combining psychotherapy with medication can also help you improve. A mental health specialist may be recommended.

Not all depression gets better with medicines or psychotherapy. Some may require other treatment. Electroconvulsant therapy (ECT) is a very effective treatment that is sometimes used for people who have a severe, life threatening depression that does not respond to medicine or psychotherapy. The problems with memory that happened with ECT when it was first used in the 1940's have been solved, and it is now safe and effective.

If you are having any thoughts about death or about hurting yourself, you should call your doctor immediately. Your doctor can make sure you get the help you need. Remember, recovery is the rule, when depressed people get the proper treatment. While the first treatment chosen doesn't always work, nearly all depressed people improve with treatment.