

Lifestyle changes and your depression treatment



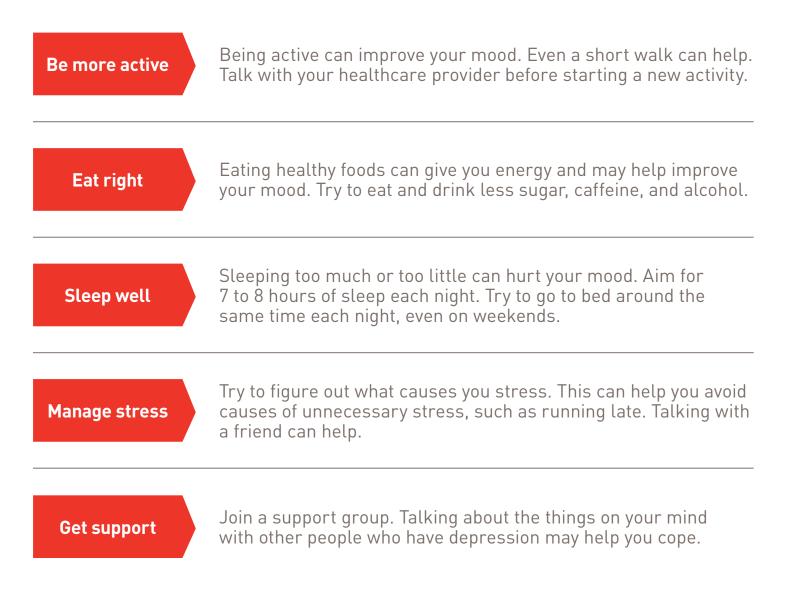
Each day is a step closer to your goal.

Now that you have started treatment, you may wonder how long you will need to continue with it. **Even if you start to feel better, it is important that you stick with your treatment plan.** The goal of treatment is to feel more like yourself, without the symptoms of depression.

If you still feel sad, angry, or have other symptoms of depression, talk with your healthcare provider. You may need to change your treatment plan or add treatment options to your current plan.



Making positive changes to take care of yourself



Small changes can make a big difference in the way you feel.

What goals would you like to achieve? Use the guide below or write in other ideas. Choose one or two to help you reach your goal. Share your progress with your healthcare team.







Additional resources

Check out these organizations for more information about depression or how to find help:

Depression and Bipolar Support Alliance

dbsalliance.org | 1-800-826-3632

National Suicide Prevention Lifeline

suicidepreventionlifeline.org 1-800-273-8255

