

What your recovery from depression can look like



As you start to feel better

You may wonder what the future will bring as your depression symptoms appear less often. You might wonder how long you will need to stay on treatment. The goal of treatment is to no longer feel the symptoms of depression. To achieve this, your healthcare provider may want you to stay on treatment even after you feel better. **This could mean staying on treatment for several years.**

Managing challenges

You may have a “bad day” once in a while, even after treatment. **You may still have negative thoughts from time to time.** When this happens, try some of the healthy coping methods that have helped you in the past. Talk with your healthcare provider about one that may help you.

For example:

**If you feel better when
you are with friends**

Go out to see a movie together

**If it helps to talk with
others who have depression**

**Join a support group to
know you're not alone**



Support is all around you

If at any time you feel like giving up or feel that you might hurt yourself, take action. **Call 911**, call your healthcare provider, or go to the emergency room right away.

You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

Knowing your symptoms and triggers

Sometimes even after you feel better, depression can come back. It is good to know the events that can cause symptoms of depression. These are called triggers. The chart below can help you notice signs of depression and your triggers. This can help you manage your depression better.

Check the boxes that you connect with and share any concerns with your healthcare provider or a trusted friend.



My Symptoms

- | | |
|---|--|
| <input type="checkbox"/> Having aches and pain | <input type="checkbox"/> Not wanting to be around others |
| <input type="checkbox"/> Being unable to sleep or sleeping too much | <input type="checkbox"/> Feeling guilty, restless, irritable, or tired often |
| <input type="checkbox"/> Eating too much or not enough | <input type="checkbox"/> _____ |
| | _____ |

My Triggers

- | | |
|---|--|
| <input type="checkbox"/> Stress at work or home | <input type="checkbox"/> Loss of a loved one |
| <input type="checkbox"/> Change, such as starting a new job, getting married, or moving | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Money issues or time pressures | _____ |

Steps I Can Take

- | | |
|---|--|
| <input type="checkbox"/> Make an appointment with my healthcare provider | <input type="checkbox"/> Follow through on healthy lifestyle changes |
| <input type="checkbox"/> Continue to take medicine exactly as prescribed | <input type="checkbox"/> Practice stress management |
| <input type="checkbox"/> Get support from family, friends, mental health counselors, or a support group | <input type="checkbox"/> _____ |
| | _____ |



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