

Depression

Depression is a common, treatable medical condition — not a personal weakness. Talk therapy, medicine, or both help most people feel better.

Everyday basics

- Keep therapy and follow-up appointments, even on hard days.
- If prescribed medicine, give it time (often several weeks) and don't stop suddenly.
- Stay connected to people you trust; small routines and activity help.
- Limit alcohol and other substances, which can make it worse.

Good questions to ask your care team

- What treatment options fit me — therapy, medicine, or both?
- How long until medicine starts working, and what side effects?
- How do I reach someone if I feel worse?
- Are there low-cost counseling options near me?

When to get help right away

If you have thoughts of harming yourself, call or text 988 (Suicide & Crisis Lifeline) or go to the nearest ER now.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/depression.html>

Educational only; reviewed public health information, not medical advice. Always follow your own care team's guidance.