

DO I NEED HELP FOR DEPRESSIVE DISORDER?

WHAT ARE DEPRESSIVE DISORDERS?

Depressive disorders are common but serious mood disorders affecting how one feels, thinks, and handles daily life. Symptoms of depressive disorders can last at least two weeks. The most common features of depressive disorders include feeling sad, empty, or having an irritable mood.

Treatment for Depressive Disorders

Therapy

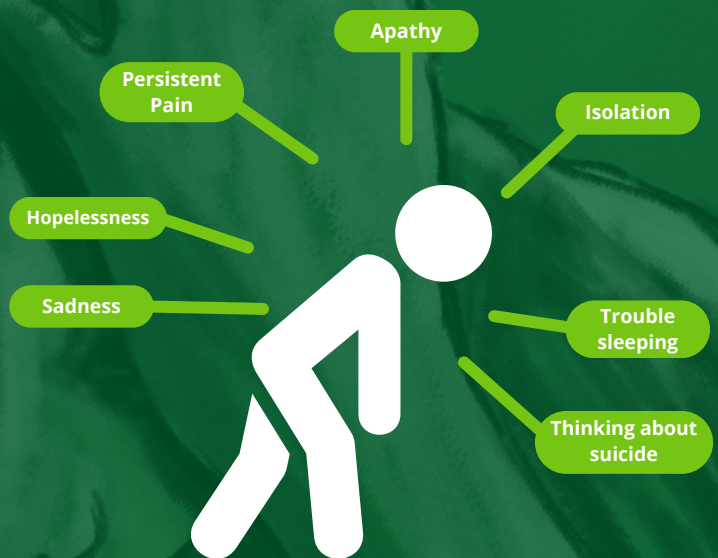
There are a wide number of effective therapies used for the treatment of depressive disorders. Find a therapist, or support group.

Medication

The most common medications used to treat depressive disorders are antidepressants. Most antidepressant medications are safe and effective when taken as directed by your healthcare provider.

Therapy and Medication

Combining therapy with medication is the usual and preferred treatment of choice for depressive disorders.



DEPRESSION CAN AFFECT ANYONE.

**Silence isn't strength.
THERE IS HOPE.**

If you or someone you love may be experiencing signs of depression, call or text 988, the Suicide & Crisis Lifeline or dial 800-662-HELP (4357).

For more information on behavioral health resources, visit <https://bhwell.uky.edu>

References:

1. Behavioral Health Treatment Services Locator. <https://findtreatment.samhsa.gov>.
2. Depression. (2018, February). https://www.nlm.nih.gov/health/topics/depression/index.shtml#part_145397.
3. Stanley, B., & Brown, C. K. (2012). Safety planning intervention: a brief intervention to mitigate suicide risk. *Cognitive and behavioral practice*, 19(2), 256-264.
4. Substance Abuse and Mental Health Services Administration. We Can All Prevent Suicide. National Suicide Prevention Lifeline. <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>.