

## Control Tips to Manage Depression



Failure to detect depression can lead to many serious health and safety complications. It is vitally important to rapidly identify and treat depression.

Treatment for depression is complex, and may require a variety of interventions to manage it, depending on the extent of the depression. Sometimes depression can be easily controlled through social interventions to help with decrease or eliminate isolation or loneliness. (Examples include group outings, volunteer work, or simply having regular visits from concerned people.)

Sometimes, treatment of underlying medical conditions can eliminate symptoms of depression. Discontinuing certain medications used for other medical conditions can sometimes eliminate symptoms. For instance, there are many types of medication available to treat depression, anxiety, agitation that will improve quality of life.

[Electroconvulsive therapy](#) (ECT) may also be useful in the severely depressed if other measures are unsuccessful. Here are some control tips to manage depression.

1. Seek immediate medical help: doctor, psychiatrist, psychologist or other mental health service providers. Treatment options may include medication; individual, group, family counseling; hospitalization, and/or electroconvulsive therapy.
2. Work to assure physical comfort and pain is managed or controlled.
3. Rehabilitation services can help in many ways:
  - Physical therapy: pain management, mobilization
  - Occupational therapy: time management, leisure skills counseling, compensatory, adaptive or relaxation techniques; and to maximize involvement in daily life activities, personal control, self-efficacy, and decision making
  - Recreational therapy to encourage active involvement in pleasurable daily life activities
4. Get mobilized: Identify, mobilize, or find a support person such as family members, a confidant, friends, volunteers, church members, support groups, or clergy for spiritual support.

5. Eat a well balanced and healthy diet, with lots of water.
6. Make sure sleep and rest patterns are adequate.
7. Provide emotional support through
  - Empathetic, supportive listening
  - Encouraging expression of feelings in a focused manner on issues such as grief or role changes
  - Supporting adaptive coping strategies
  - Identifying and reinforcing strengths and capabilities
  - Maintaining privacy and respect
  - Instilling hope
8. Pay attention to responses to medication for potential side effects
9. Look for opportunities to become better educated about depression

Internet Resource:

[http://www.guideline.gov/summary/summary.aspx?ss=15&doc\\_id=3512&nbr=2738#s23](http://www.guideline.gov/summary/summary.aspx?ss=15&doc_id=3512&nbr=2738#s23)