

Keys to Depression Recovery

Unlock the obstacles to recovery with 3 – 3 – 6

These numbers can help you remember “key” steps to achieving wellness. Please follow these tips in working with your doctor.

3 Visits

After being diagnosed with depression, you should visit your doctor at least three times in the first three months.

The actual number of visits may vary, and you may need to see your doctor more often, depending upon your symptoms. Working with your doctor is key!

3 Months

If your doctor prescribed an antidepressant medication, your dose may need to be adjusted during the first three months of therapy, depending upon your response to the medication.

For many reasons, people often stop taking their antidepressant medication. Some of these reasons include issues with side effects, feeling better or sometimes thinking the medication will never help. Don't change how you take your medication without speaking with your doctor.

6 Months

Patients with depression need close monitoring and need to stay on medication for at least six months.

It's a key fact: Stopping your medication too soon may cause a relapse into another depression.

In order to recover and feel better, it is key that you take your medication as prescribed. Notify your doctor with any problems or questions. ValueOptions is the company that provides Behavioral Health Services for (Health Plan) members. Together, we are committed to helping you feel better and stay well.