

How do I help myself feel **better**?

It takes time to treat depression. Your actions can help. Try the steps below to help yourself feel better.

Take it slow

- Be patient with yourself. It may take a month or two to feel better.
- Each day do something that you like.
- Get some exercise. Exercise can lift your mood.
- Do not drink much beer, wine, or other alcohol. These may make the sad or down feelings worse. Medicine does not work as well if you drink alcohol.
- Only do what is needed. Do not take on extra jobs or tasks the first month or two.

Stick with your treatment

- Keep taking your medicine. It may take a few weeks for it to work.
- Take medicine at the same time each day.
- Go to your doctor visits. The doctor needs to know how you are doing.
- Tell the doctor how you feel and what you think.

Get help from others

- Ask for help from family and friends. Getting help does not make you weak.
- Ask others to be kind and patient as you get well.
- Call the National Hopeline Network at 1-800-SUICIDE (1-800-784-2433) or check your phone book for a local crisis hot line if you need someone to talk to.