

Questions to Ask Your Doctor... About Depression

1. What exactly is depression?
2. What are the different types of depression? What type of depression do I have?
3. What caused my depression?
4. What are the different treatment options that are available to me?
5. How long will it take the medication(s) to start working?
6. What are the side effects of my medication(s)?
7. Will my medication(s) interact with other medications/ herbal supplements that I am taking?
8. How long will I have to stay on these medication(s)?
9. What should I do if I forget to take a dose of my medication(s)?
10. Do you have any counselor recommendations?
11. Do you know of any patient support groups?
12. How will my depression affect my family? How can my family help me?
13. Will my health insurance cover the cost of my treatments?
14. Will I have depression for the rest of my life?
15. What else can I do to help myself?



Adapted from materials available through the National Institute of Mental Health (NIMH). 2005.
www.nimh.nih.gov . Accessed April 28, 2005.