

TREATMENT AND RECOMMENDATIONS FOR THE MANAGEMENT OF DEPRESSION

The recommended treatments for depression are psychotherapy, medication, or a combination of both. These have been shown to be effective in managing the symptoms of the condition and preventing relapse. The earlier treatment is started, the more effective the result will be.

A mental health professional such as a psychiatrist, psychologist, or clinical social worker will assist you in selecting treatment based on the severity of symptoms, medical history, and patient preference.

TYPES OF TREATMENTS

THERAPIES

Psychotherapy is the set of techniques used by the therapist to help the patient manage their mental health condition. Through these, the patient is expected to modify behavior by changing behaviors and thoughts that cause discomfort. The most used type of therapy for depression is Cognitive Behavioral.

Therapies are not a substitute for medical advice or medication. Always check with your mental health provider or primary care physician.

MEDICATION - PHARMACOLOGICAL TREATMENT

- **Antidepressants:** Medications that can improve mood, ability to relate, concentration, and memory. Most are taken once a day; many of them when they get up in the morning. They generally do not make you sleepy or interfere with the daily functioning of the person who takes them.
- **Anxiolytics:** Medications used to relieve anxiety and help you fall asleep. On many occasions they are prescribed to depressed people, in conjunction with antidepressants.

RECOMMENDATIONS

- Organize your daily activities. Identify a time to get up and go to bed.
- Do some physical activity. Just 30 minutes a day can help improve your mood.
- Maintain an appropriate environment in your home to live relaxed and with positive ideas.
- Carry out activities that you like: crafts, gardening, sports, reading, writing, among others.
- Sleep at least 7 to 8 hours a day. This will allow you to rest your body, mind, and wake up with energy.
- Maintain a healthy diet.
- Share with other people in a healthy way.
- Don't make any big decisions until you feel better. Decisions must be taken calmly; think, analyze, and act.
- Avoid the use of alcohol, nicotine, or drugs, including medicines that have not been prescribed for you.
- Comply with treatment as recommended by your mental health professional.



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References:

- <https://medlineplus.gov/spanish/ency/article/003213.htm>
- <https://www.cdc.gov/tobacco/campaign/tips/spanish/enfermedades/tabacismo-afecciones-mentales-depresion-ansiedad.html>
- <https://www.nimh.nih.gov/health/publications/espanol/depresion-sp>