

COMMON DEPRESSION TREATMENTS

PSYCHOTHERAPY

A psychiatrist, psychologist, therapist, or licensed clinical social worker uses a variety of techniques to help you shift your negative thinking.



MEDICATION

Severe depression might call for something stronger than a chat, so doctors might prescribe an antidepressant, mood stabilizers, or antipsychotic pills.



BRAIN STIMULATION

Some patients with treatment-resistant depression (meds and therapy haven't worked) may want to try electroconvulsive therapy (ECT).



MIND-BODY MEDICINE

It's not just a bunch of hoopla — research shows that lifestyle changes like exercise and meditation can boost the effects of therapy or medication.



Common Treatment Problems In Depression

Yan Bai



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