

Patient information from BMJ

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Depression in adults: questions to ask your doctor

If you've been diagnosed with depression you may want to talk to your doctor or psychiatrist to find out more.

Here are some questions you may want to ask. You may find it helpful to have someone with you, to help you find out everything you want to know.

- I feel very down. Is this just a normal feeling, or do I have depression?
- Do I need treatment?
- What treatment do you recommend?
- Does the treatment have any side effects?
- When will I start to feel better?
- How long will I need to have this treatment?
- What will happen to me if I don't have this treatment?
- What kind of talking treatments (psychotherapies) are available? Would any of them help me?
- Are there any alternative therapies or complementary therapies that may help?
- Is there anything I can do to avoid getting depressed again?
- Are there any support groups for people with depression in my area?
- What do I do if I have thoughts about harming myself?

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