

# HOW TO ORDER Depression Provider and Patient Materials

Call 866-692-3641

## PROVIDER RESOURCES

### Depression Self-Management Tool

English, Spanish

**MY SELF-MANAGEMENT GOAL FOR DEPRESSION**

Taking small steps can make a big difference in managing your depression. Start by choosing one or two goals below. Then work with your health care provider to create a plan to reach that goal.

Be physically active

Eat a healthy diet

Take medication as prescribed

Spend time with supportive people

Limit alcohol, drugs and alcohol

Talk to a therapist

Practice breathing exercises and/or meditation

Make time for a hobby or activity

Other (e.g., limit social media)

**HOW WILL YOU DO THIS:**

\_\_\_\_\_

**FOLLOW-UP PLAN:**

\_\_\_\_\_

If you have questions or are having trouble reaching your goal, speak to your health care provider about other self-care strategies.



### My Medication List

English, Spanish, French, Bengali, Chinese, Russian, Korean and Haitian Creole

**My Medication List - Keep it Handy**

List everything you take—prescription drugs, over-the-counter drugs and herbal supplements—in the table below.

- Take this list to every doctor's appointment. If you go to the emergency room or hospital, and when you go to the pharmacy.
- Don't run out of your medicine—ask your doctor for a new prescription or get a refill from your pharmacist.

Date: \_\_\_\_\_

Name and Dose of My Medicine	This medicine is for	When do I take it and how much?	I will remember to take my medicine
Example: Adderall 5mg/10mg	Example: ADHD/Concentration	Example: 3 times a day	Example: After I brush my teeth

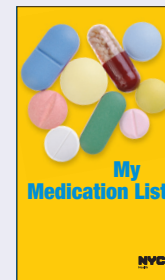
If you have any problems with your medicines, do not wait. Talk to your health care provider or pharmacist right away.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

NYC Health logo

### My Medication List (Wallet Size)

English, Spanish, French, Bengali, Chinese, Russian, Korean and Haitian Creole



## PATIENT EDUCATION

### Getting Help for Depression Fact Sheet

English, Spanish, French and Bengali

**YOU ARE NOT ALONE:  
Getting Help for Depression**

**What is DEPRESSION?**

Depression is an illness that affects your mind, body, emotions and physical appearance. It is not just a bad mood or a passing depression. It is a serious illness that can be managed with treatment. It is not a sign of weakness or a character flaw. It is a medical condition that you need to take care of. Depression can be treated. You can get help for depression. You can feel better. You can live a healthy life.

**WHO CAN EXPERIENCE DEPRESSION?**

Depression can affect anyone. It can affect people of all ages, ethnicities, and backgrounds. It can affect people who are otherwise healthy and successful. It can affect people who have never been depressed before. It can affect people who have been depressed many times before. Depression is a common illness. It is not a rare disease. It is a medical condition that you need to take care of.

**HOW CAN YOU MANAGE YOUR DEPRESSION?**

First, take treatment that is right for you. You can successfully manage your depression with talk therapy, medication or both. Talk to your health care provider about these treatment options.

Practice self-care. Self-care is an important part of managing depression. Self-care can include eating well, being physically active, getting enough sleep, avoiding drugs and alcohol, making time for fun activities and spending time with people who support you.


Connect with social and support services. Places of worship, immigrant and parent support groups, and other services can help you feel less alone and provide support.




### Depression Health Bulletin\*

English, Spanish, Russian, Chinese, French and Bengali

**Depression**



**Health Bulletin**  
NYC Health's series of Health Bulletins.  
Call 212 to order free copies.



\* Additional languages are available online.

### NYC Well Brochure

English, Spanish, Russian, Traditional Chinese, Simplified Chinese, French, Bengali, Arabic, Haitian Creole, Italian, Korean, Polish, Urdu and Yiddish



**NYC Well**  
Talk, Text, Chat  
24/7

Connection to mental health support is free and confidential.

Free, confidential, 24/7.

**Learn the facts about your medicine**

Myths	Facts
I feel fine. I don't need to take my medicine.	• Feeling well does not mean your medical condition is cured. • Conditions like high blood pressure, high cholesterol and diabetes can damage your body, even if you do not have symptoms and feel fine. • Always take medicine for these conditions, even when you feel well, to prevent the condition from damaging your body over time.
My medicine is good. I can take less or just stop taking it.	• Don't stop or change your medicine on your own. It is important to keep taking your medicine. • Some medicines can be dangerous if you stop taking them suddenly. • Some medicines can be dangerous if you stop taking them suddenly.
Some medicines are not as good as others. I can switch to a different medicine.	• You can ask your pharmacist questions, but you should not change your medicine on your own. Talk to your health care provider about switching to another medicine. • Some medicines can cause severe problems. • Sometimes you can switch your medicine or pharmacist. Sometimes your medicine can be changed if you have had side effects.
I can't remember to take my medicine. I need reminders.	• You can ask your pharmacist questions, but you should not change your medicine on your own. Talk to your health care provider about switching to another medicine. • Some medicines can be dangerous if you stop taking them suddenly. • Some medicines can be dangerous if you stop taking them suddenly.
It doesn't matter how many different pharmacies I can get my prescriptions.	• It is not always possible to get your medicine at the same pharmacy. You may need to get your medicine at a different pharmacy. You may need to get your medicine at a different pharmacy.
My medicine can be filled for only 30 days at a time.	• Some pharmacies can be filled for longer periods of time, like 60 or 90 days. • Ask your doctor or pharmacist to find out what options you have.

For more information on taking your medicine, talk to your health care provider or pharmacist.



### Medication Adherence: Myths and Facts Fact Sheet


English, Spanish, French, Bengali, Chinese and Russian

**Ask Your Health Care Provider or Pharmacist These Questions Today!**

- Why do I need to take this medicine?
- What are the side effects and how can I deal with them?
- Is there a less expensive medicine that would work as well?
- Can I stop taking any of my other medicines?
- Is it okay to take my medicine with over-the-counter drugs or herbal supplements?
- How can I remember to take my medicine?

Notes: \_\_\_\_\_

Take your medicines carefully. Your health will grow if you understand why. For more information, talk to your health care provider or pharmacist.



### Questions to Ask Your Health Care Provider or Pharmacist About Your Medicine Card

English, Spanish, French, Bengali, Chinese and Russian

Visit [nyc.gov/health](http://nyc.gov/health) and search for **depression** to view these materials and additional resources.

