



# SETTING GOALS FOR YOUR DEPRESSION TREATMENT

Visit: <https://education.webmd.com/MDD-treatment-goals>

- What is the reason for my symptoms?
- What's the best way to track my symptoms?
- Should my depression be treated? With medicines, psychotherapy, or both?
- What are the side effects of medicine options?
- How long will the medicine take to start working?
- Could any of my other health conditions be linked to my depression symptoms?
- Are there any lifestyle changes I need to make to help with my symptoms?

Explore this activity to learn more about talking with your doctor and healthcare team about your treatment plan for depression

