

HELP SHEET: WORKING WITH THE TREATMENT TEAM



YOUR MAJOR DEPRESSIVE DISORDER TREATMENT TEAM

The Treatment Team is the best resource for information and advice about major depressive disorder (MDD). Each Treatment Team can be made up of different types of healthcare professionals, so it's helpful to know who might be on the team and what their roles are. There may be periods when a person with MDD needs less help, so the active members of the Treatment Team may change over time.

Psychiatrists

are medical doctors (MDs or DOs) who specialize in the diagnosis and treatment of mental illness. They can prescribe antidepressants or other medications to help treat MDD.

Psychologists and counselors

provide psychosocial treatments like cognitive behavior therapy or family therapy to help monitor symptoms, prevent relapse, and address other problems common in MDD.

Nurse practitioners and physician assistants

are healthcare professionals who also help manage day-to-day treatment and assist with medication management.

Nurses

administer treatment and often work closely with patients and caregivers, as well as caseworkers and social workers, to talk about treatment and what their patients' needs are.

Social workers

can help arrange social services. Some are trained as psychosocial therapists (clinical social workers).

Case managers, caseworkers, and care coordinators

can assess what kind of support a person with MDD needs. They may follow up with Treatment Team members and help find services to assist with daily living.

Occupational therapists or employment counselors

can help patients find the skills they need to stay productive at work or school.

Pharmacists

know which medications have been prescribed and can make sure antidepressants and other prescribed medications are OK to take together.



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WHO SHOULD I TALK TO:

If major depressive disorder symptoms seem to be getting worse?

Contact anyone on the Treatment Team, but especially the psychiatrist, therapist, nurse, or physician assistant.

If antidepressants or other medications are causing side effects?

Talk to your psychiatrist, nurse, or physician assistant as soon as possible.

About medication options, changes in medication, or dosing?

Prescribers of medication for MDD are psychiatrists and, in some states, nurse practitioners and physician assistants. You can also reach out to a nurse or other team member.

About taking multiple medications?

Your doctor may prescribe more than one medication, including an antidepressant. Double-check with your doctor or pharmacist before taking any other medicines to avoid drug interactions.

For one-on-one, family, or group therapy?

Talk to a psychiatrist, psychologist, social worker, or counselor about what kind of therapy is best for you.

For help figuring out medical coverage?

Social workers and case managers can help with this.

About the challenges of day-to-day living?

Reach out to a social worker, caseworker, case manager, or care coordinator for information and support.



Models are used for illustrative purposes only.



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HOW DO I TALK TO THE TEAM?



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HOW DO I TALK TO THE TEAM?

If you're a patient...

Trusting the healthcare professionals on your Treatment Team is important for getting the most help you can. They're on your side, so be as honest as you can.

- Are you having symptoms and if so, what are they?
- Are you taking your medication as prescribed?
- Are you experiencing any side effects from your medication?

If you have a caregiver, he/she may be able to support you as you work with the Treatment Team by helping you

- Make and keep appointments
- Keep track of what the Treatment Team recommends
- Remember to take medication as prescribed
- Coordinate medical coverage with caseworkers, case managers, and care coordinators

If you're a caregiver...

If your loved one allows it, you have the right as a caregiver to share information with the Treatment Team. Healthcare professionals can only discuss a patient's condition with a caregiver if they have that patient's permission.

Download the Help Sheet: *Caregivers and the Right to Help* on psychu.org.

As a caregiver, your conversations with healthcare professionals can help ensure that your loved one gets the best care possible. You can help the healthcare professionals get the information they really need, and they can give you important information about treatment options.

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