



Depression Wellness Guide for Adults with Depression and their Family and Friends

Setting
Healthcare Providers, Families

Type of Program
Awareness

NSSP Goals Addressed
7.6, 7.8

Program Description

The *Depression Wellness Guide for Adults with Depression and their Family and Friends* was developed by Families for Depression Awareness to help adults and their families better understand and monitor treatment for depression or dysthymia.

The *Guide* addresses: definitions and symptoms of depression and dysthymia; what types of treatments are available for depression and dysthymia and how they work; the importance of monitoring treatment; how to work together as a family; and the three-step monitoring approach. The three-step monitoring approach includes diaries for tracking moods, medications, and other aspects of treatment. Also included are: warning signs for suicide; what to do if you or a family member is experiencing suicidal thoughts or behaviors; and steps that can be taken to decrease the risk of suicide.

The *Guide* is intended for use by adults diagnosed with depression or dysthymia who are in treatment, and family members and friends who want to help them.

Program Objectives

After using the *Depression Wellness Guide*, patients and their loved ones should:

1. Have increased understanding of depression and dysthymia, and their treatment.
2. Have increased knowledge of a three-step wellness approach that may increase treatment adherence and effectiveness.
3. Have increased awareness of suicidal behavior, including symptoms and preventive interventions, as they relate to people diagnosed with depression and dysthymia.

Implementation Essentials

- The *Depression Wellness Guide* is intended for use by those already in treatment.
- Adults who use the *Guide* should do so in collaboration with their families, friends, and therapist or doctor.

Contact Information

Stacey Leibowitz
 Project Manager
 Families for Depression Awareness
 395 Totten Pond Road, Suite 404
 Waltham, MA 02451
 Voice: 781-890-0220
 Fax: 781-890-2411
 Email: info@familyaware.org
 Website: www.familyaware.org

Costs

The *Depression Wellness Guides for Adults with Depression and their Family and Friends* is available for free. It can be downloaded from the Families for Depression Awareness website at www.familyaware.org.

*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at www.sprc.org.

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