**The Importance of Seeking Help**

No one thinks it’s simple to get help for a problem. It’s not. But when it comes to depression, the only way forward is to get help from a professional or group of professionals that know how to diagnose your problem and monitor you while you get help.

The better the professional is that you choose, the more likely you are to be able to recover from your symptoms (or at least manage them) while living a satisfying and productive life.

* **You Don’t Have to Be Alone** – No one needs to deal with depression on their own. In fact, it’s nearly impossible to deal with depression on your own, especially if there is a biological component involved. People who say they’ve done that usually weren’t really suffering from major depression.
* **Medication Isn’t Giving Up** – Some people refuse to seek help because they don’t want to be medicated. They have the idea that medication is a cop-out or somehow dangerous. It’s not. There should be no more stigma surrounding medication for depression than diabetes or cancer.
* **Dealing with Friends and Family** – You’re likely going to have some friend and family who think going to a psychiatrist is horrible, but others who are supportive. Surround yourself with the people who are supportive, and send educational information to those who aren’t. But, speak out for yourself regardless.
* **Depression Will Just Get Worse** – Without treatment, your depression will not cure itself. It may even get worse. Why suffer alone for years and years when you can get help? It might take you some time to find the right person, but you would do that if you had another type of illness like cancer.
* **Depression Can Be Fatal** - If not treated properly, depression can be a fatal disease. It not only can lead to suicide, but it can also lead to illnesses such as heart disease due to the additional stress on your body. Seeking help for this illness is a necessity every bit as much as any other disease.

If you’re experiencing symptoms such as overwhelming fatigue, sadness, your work and personal life are suffering, and you are self-medicating to cope, seek help as soon as possible.

If you are suicidal or fantasizing about death, call 911.