A variety of effective treatments are available to help people with depression. The main types of treatment are antidepressant medicines and psychotherapies (or counseling). Some forms of depression may be treated with psychotherapy alone. Others require antidepressant drugs or a combination of drugs and counseling. Medicines bring symptom relief and help correct any underlying abnormalities of certain brain chemicals. Counseling can help you learn more effective ways to deal with depression and the factors that caused or triggered it.

Treatment involves the following:

- Lifestyle changes
- Medications
- Alternative and complementary therapies
- Other treatments—therapy

There are no surgical options for the treatment of depression.

REFERENCES:


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