

Understanding Depression Therapy



1. What Is Depression?

Depression is more than feeling sad or having a rough day. It is a medical condition that can affect your mood, energy, sleep, concentration, motivation, and enjoyment of daily life.

2. How Therapy Helps



Identify triggers and patterns that contribute to depression.



Challenge negative thinking and build more balanced perspectives.



Build coping skills to manage emotions and stress.



Improve daily routines and relationships to support recovery.

3. Common Approaches



Cognitive Behavioral Therapy (CBT):

Identify and change unhelpful thoughts and behaviors.



Interpersonal Therapy:

Improve relationships and address life transitions or conflicts.



Behavioral Activation:

Increase positive activities and engagement to improve mood and motivation.



Supportive Therapy:

Provide encouragement, understanding, and a safe space to heal.



4. When to Reach Out

It is important to seek help if symptoms last more than two weeks, interfere with work, school, or relationships, or create feelings of hopelessness. If you are in immediate danger or having thoughts of self-harm, **call or text 988 or contact emergency services.**



At LifeWise Therapy, we provide compassionate, evidence-based support tailored to your needs. Healing is possible, and **you do not have to go through it alone.**

