When to See a Doctor For Your Depression

Depression is an issue that may have bothered you for several years. You may think that it was something you could handle with methods like journaling, supplements, or diet changes. Though this may work in some cases, there are cases where it does not work and the depression becomes worse. If this is the case, you may be wondering when it is time to break down and see a doctor for your depression. Here are some points that may be ideal to see a doctor and what you need to know about each one.

**Natural is Not Working**

When your depression issues first started, you probably hoped that over the counter and natural options would work. You may have tried supplements for example. For awhile the supplements may have helped, but overtime you may have had to up the dosage or the frequency to get the same amount of help that you first received. If this sounds like your situation, then you need to go to a doctor. The reason is because supplements will help mild depression issues, but if there are more deep rooted issues, they may not offer any help or very little. You may also be treating a form of depression that is not diagnosed and your treatment is not accurate for your particular form of depression.

**Suicidal Thoughts**

One issue that can make depression a dangerous situation for you is when the depression turns to suicidal thoughts. As these thoughts become increasingly longer, more often, and more controlling you end up putting your life at risk. This is the time that you need to seek a doctor for assistance. They can help you with a treatment plan and counseling option to help curb the thoughts and keep them at bay while you work on your depression and anxiety as a whole. If the suicidal thoughts are too drastic, make sure that you seek an emergency clinic or hospital for assistance.

**Self Harm Issues**

When you hear about self harm, you may think about someone cutting themselves. Though this is the most common form of self harm and depression relate self harm behavior, it is not the only one. There are also issues with self harm that can involve drugs, drinking, and can even go so far as to include ongoing harmful behavior. These issues all fall under self harm and are generally done to help someone get over pain and feel a different pain or release. If you are doing this, and find it is your only source of release, you need to go to a doctor.

Remember, there are different types of depression and each one has a different type of treatment plan. Be open to the fact that you may have a different form of depression than you thought. Be open to the treatment plans you are offered. This is a learning process and treatment process that needs time to take hold.