

DrSonia Patient Handout
Depression: what to expect from treatment

Treatment can take time. Many people improve with support.

What to expect

- Medications can take 2 to 6 weeks to help.
- Therapy builds skills over multiple sessions.
- Side effects should be discussed early.

Safety

- Seek urgent help for thoughts of self-harm.
- Use crisis resources if you feel unsafe.

Source: Centre for Addiction and Mental Health
Educational use only; not medical advice.