

उदासीनताको उपचार वा सेवा सम्बन्धि जानकारी

Information about Treatment Services for Depression



Booklet for Female Community Health Volunteer



Background

Similar to other health conditions, if the symptoms of depression are identified on time and people are linked to its treatment, then this condition can be cured. However, more than 2 in every 4 individuals with depression do not seek treatment globally. In Nepal 3 in every 4 individual with depression do not seek treatment.

Main reasons for not seeking treatment:

- ➔ Lack of adequate information about health care workers or institutions that provide treatment
- ➔ Lack of knowledge that curative services are available

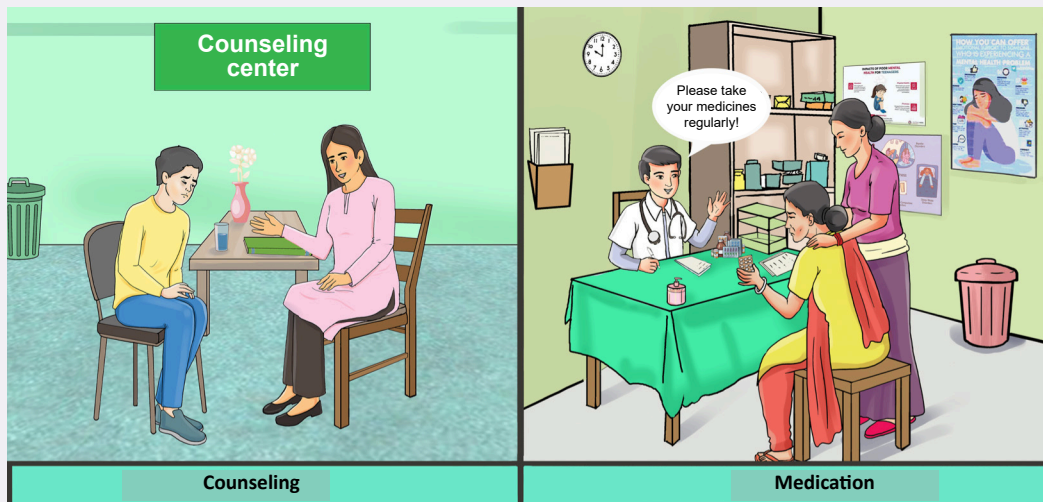


In Nepal, three in every four individuals with depression do not seek treatment.

When treatment is neglected or delayed, depression can affect a person for months or sometimes even years, and this can have numerous negative impacts on the life of the individual as well as their family.

Available services for treatment of Depression

For treating depression, effective methods such as psychiatric treatment (medication) and counseling can be adopted. It is important to seek treatment in the early stages to reduce the potential negative impacts on a person's life and to prevent the condition from becoming severe.

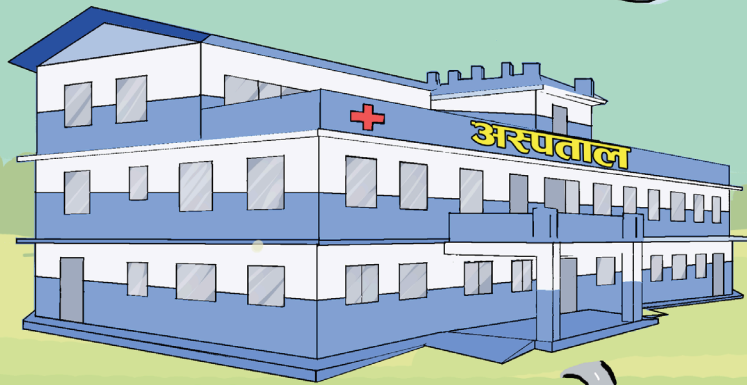


Remember

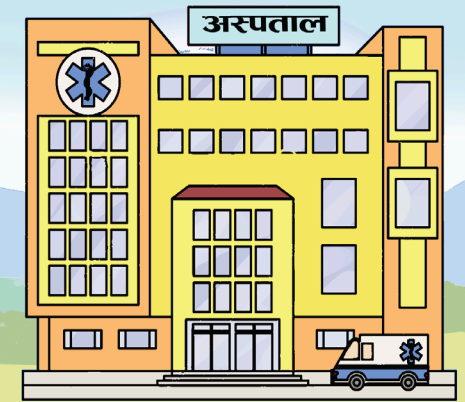
- ➔ People with depression may exhibit different symptoms, and the effects can also vary from person to person. As symptoms and effects differ, the treatment also varies from person to person.
- ➔ In some cases, a single treatment method may not work, and multiple treatment approaches might be necessary for effective management. For example: combining medication with counseling services helps reduce the symptoms and makes the treatment faster and more effective.

People with depression and their family members need to gather information about various healthcare services and treatment options available in their neighborhood, community, municipality, and nearby areas for support.

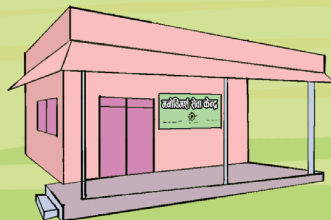
Here we will discuss with you about various health institutions in this rural municipality/ municipality and nearby locations, and the services available at those facilities.



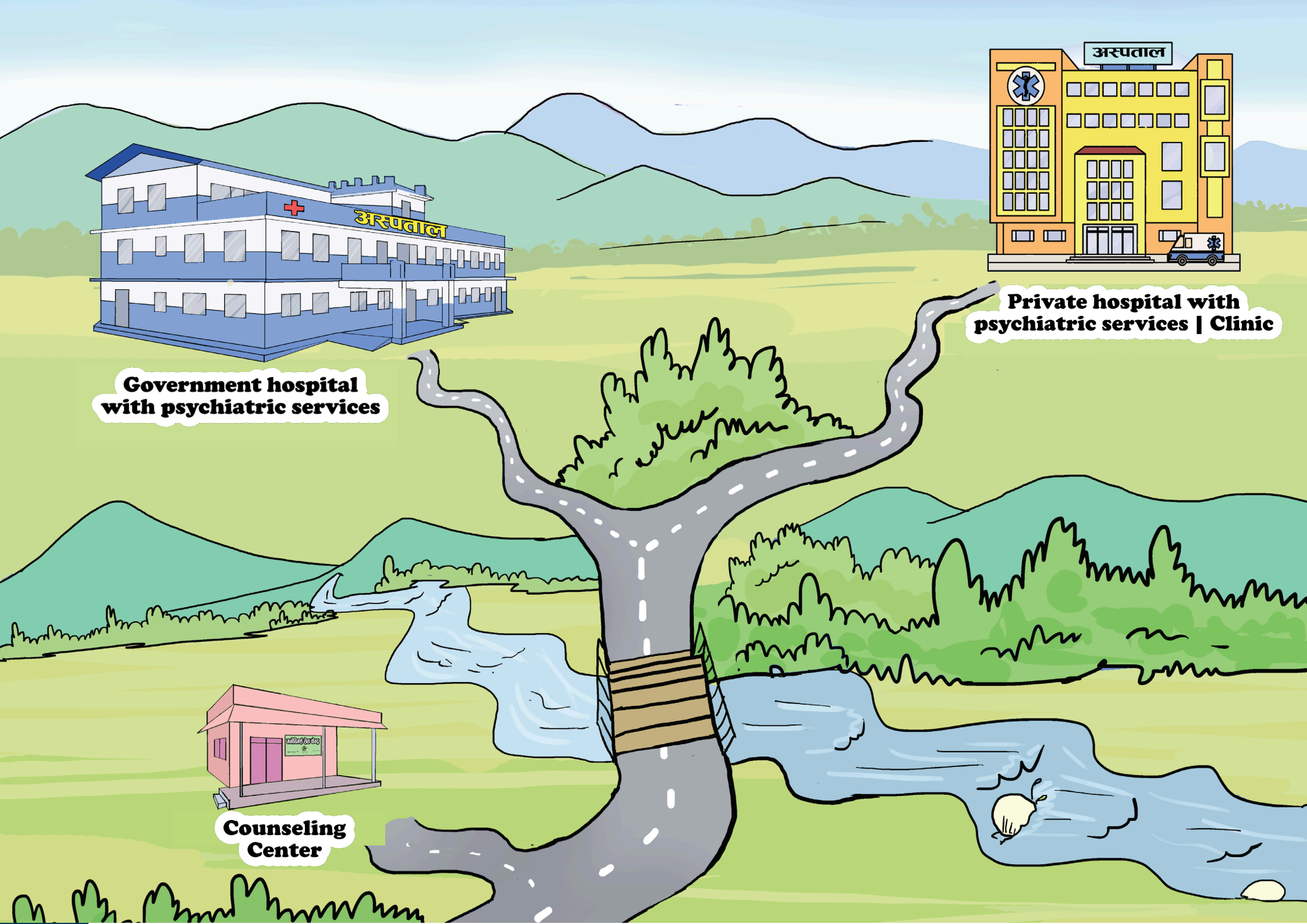
**Government hospital
with psychiatric services**



**Private hospital with
psychiatric services | Clinic**



**Counseling
Center**





Health Post



Municipal Hospital



Basic Health Care Center



Basic Health Care Center



Basic Health Care Center

Services available

- Initial assessment and identification of the condition
- Basic emotional and psychological support
- Some medications
- Referral to higher centers if necessary
- Follow-up service

Service limitations

- All necessary medications may not be available
- Doctors or mental health specialists will not be available
- People may not feel comfortable to openly discuss the problem due to lack of separate examination room
- Psychological counseling services are not available
- Pathology services are not available

Benefit of services

- Health workers trained on mental health are available
- As the center is located in each ward, travel time and transportation costs will be less
- There will be less chance of others finding out about your condition
- Convenient follow-up visits
- All services are available free of cost
- Medicines may be available free of cost

Services available from 10 am to 5 pm

Health Post

TRUTH AND MYTHS ABOUT CONTRACEPTION

MYTH PREPARED TO INTERCOURSE WITH CONDOMS
TRUTH SHOULD GET PREPARED BY WASHING HANDS, BRUSHING TEETH, AND TAKING A BATH

MYTH SEXUAL INTERCOURSE
TRUTH SAFE SEX CAN BE AVOIDED BY CALIBRE

MYTH YOU CAN GET PREGNANT FROM SEXUAL INTERCOURSE
TRUTH IF YOU HAVE SEX AND A FEMALE DOES NOT GET PREGNANT

MYTH LEMON AND LIME JUICE CAN BE USED AS CONTRACEPTIVES
TRUTH THE WOMAN DOES NOT PROTECT AGAINST PREGNANCY

MYTHO TRUE

Health Post



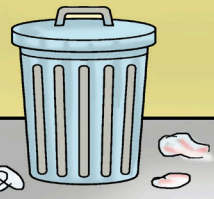
Being unable to relax

Trouble sleeping

Being unable to manage or stop worrying

Symptoms for generalized anxiety disorder can include:

- Over-thinking
- Nervousness
- Difficulty concentrating



Health Post

All the services that are available at Basic Health Care Centers are also available at Health Posts.

Services available

- Initial assessment and identification of the condition
- Some medications
- Referral to higher center if necessary
- Follow-up services

Service limitations

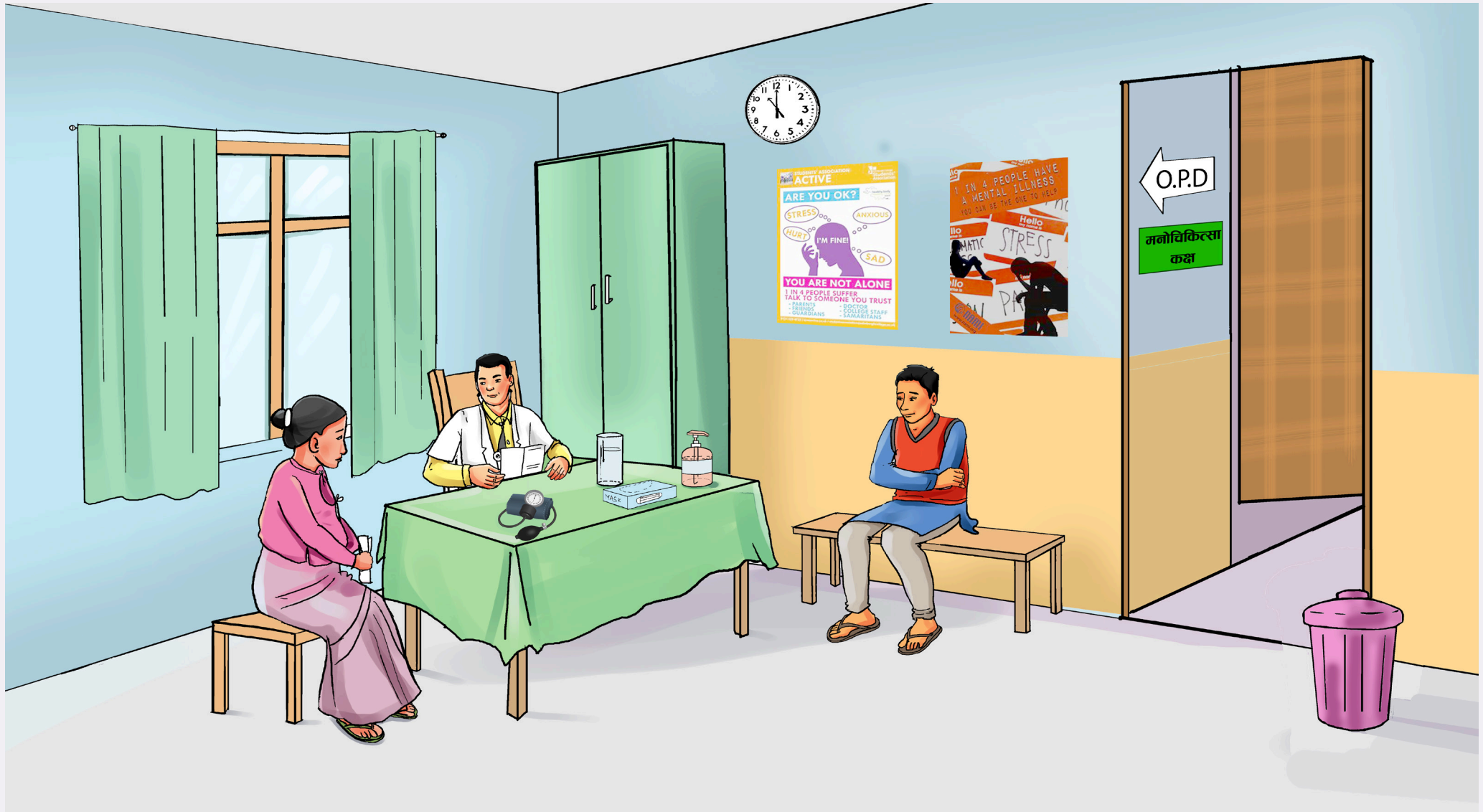
- All the necessary medications may not be available
- Mental health specialists are not available
- Psychological counseling services are not available
- Pathology services are not available

Benefit of services

- As the health post is located in each municipality/ rural municipality, travel time and transportation costs will be less
- All services are available free of cost
- As separate room may be available for check-up, people may feel comfortable to openly share their problems

Services available from 10
am to 3 pm

Municipal Hospital



Municipal Hospital

All the services available at Basic Health Care Centers and Health Posts are also available at Municipal Hospital

Services available

- Treatment by a Psychiatrist
- Some medicines are available free of cost and some require cost
- Pathology (lab) tests available at cheaper and affordable prices
- General counseling services
- Inpatient services for mental health in emergency situations
- Treatment available through a mental health specialist as a psychiatrist visits the institution once a month
- Follow up services

Service limitations

- Mental health specialists are not always available
- Psychological counseling services are not available
- All necessary medications may not be available

Benefit of services

- As the hospital is located within the municipality/rural municipality, the travel time and transportation cost are less
- Pathology services and medicines are available free of cost through insurance scheme
- As separate room is available for check-up, people may feel comfortable to openly share their problems
- All services are available free of cost for those with low economic status

Services available from 10 am to 3 pm
(24 hours Emergency services available)

Government Hospital with Psychiatric Services

Services available

- Treatment by mental health specialist
- Some medicines are available free of cost and some require cost
- Therapy and counseling services
- Assessment of the severity and complexity of conditions through various diagnostic test
- IPD/OPD services available for mental health conditions
- Follow-up services

Service limitations

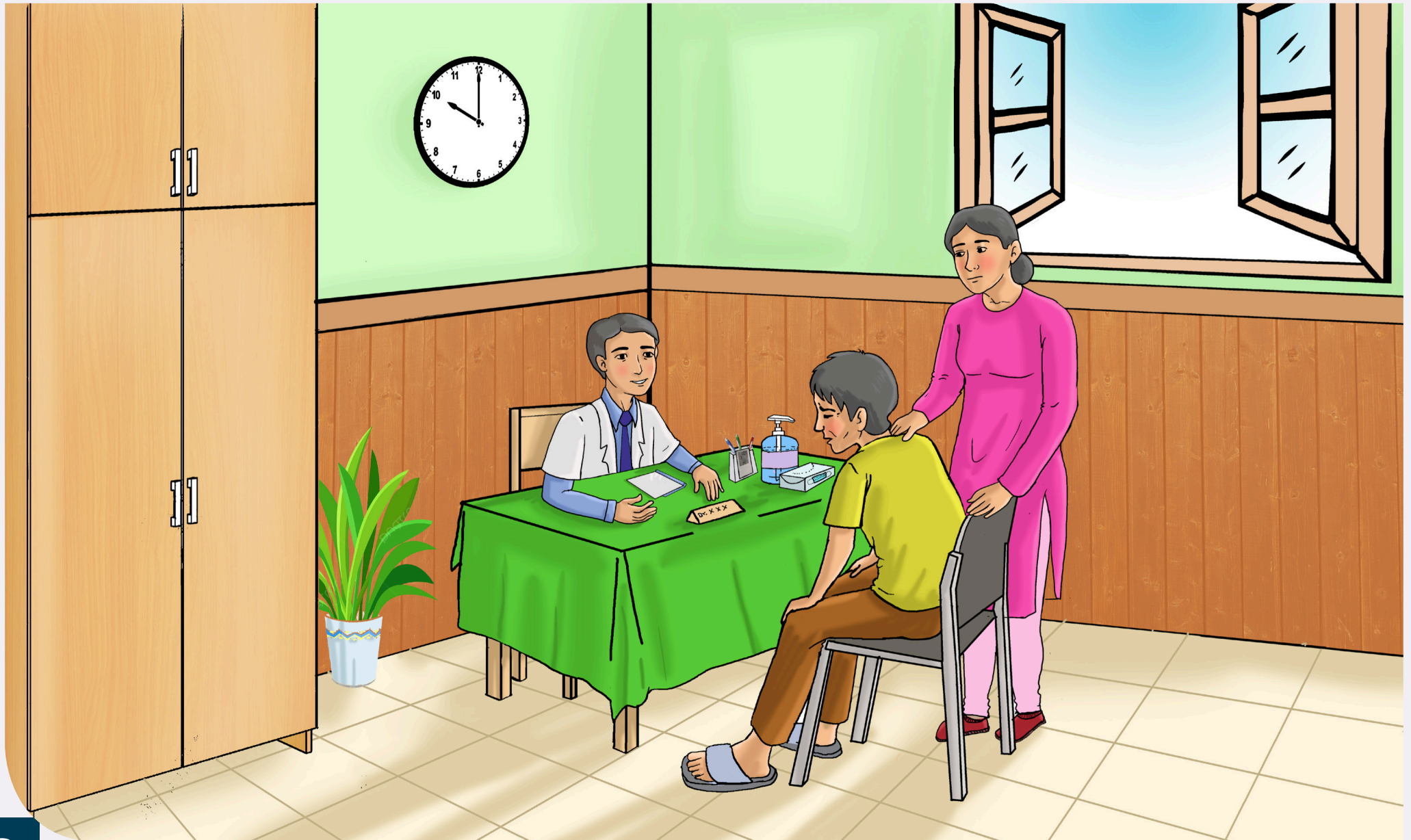
- All medications and services may not be freely available
- Need to pay a minimum fee for registration and lab test
- A lot of time and money might be spent for transportation
- Having to travel from a far distance and return back on time, there may be limited consultation time with the doctor,
- It may be difficult to follow-up timely due to the distant location.

Benefit of services

- Treatment provided by mental health specialist
- As separate room is available for check-up, people may feel comfortable to talk openly about their problems
- All required mental health services, including medications, are available.

Services available from 10 am to 3 pm
(24 hours Emergency services available)

Private Hospital or Clinics with Psychiatric Services



Private Hospital or Clinics with Psychiatric Services

Services available

- Treatment by mental health specialist
- Therapy and psychological counseling services
- Assessment of the severity and complexity of conditions through various diagnostic tests
- IPD and OPD services available for mental health conditions
- Follow-up services

Service limitations

- Need to pay for doctor consultation and testing
- Patients must purchase medications on their own
- Need to travel to big cities like Birtamod, Biratnagar, Itahari, Dharan, Chitwan or Kathmandu for treatment
- A lot of time and money might be spent on transportation
- Having to travel from a far distance and return back on time, there may be limited consultation time with the doctor
- It may be difficult to follow-up timely due to the distant location

Benefit of services

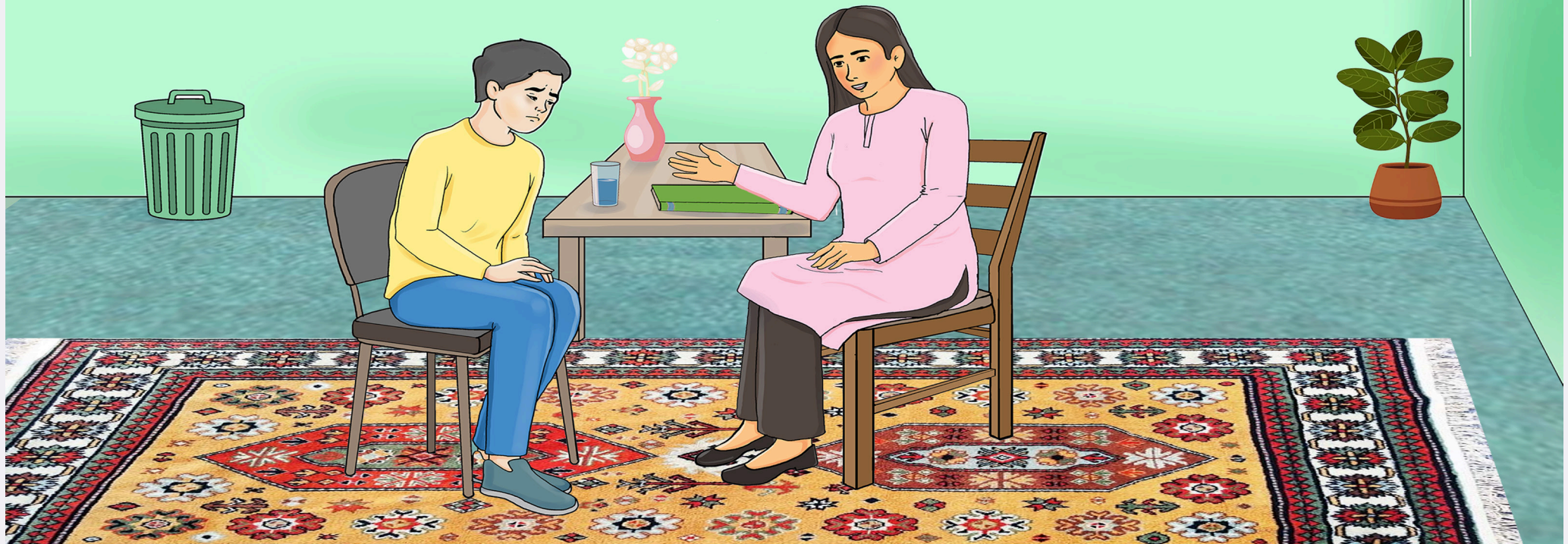
- Some medicines (covered by insurance policy) may be available free of cost in some private hospitals
- As separate room is available for check-up, people may feel comfortable to talk openly about their problems
- All services necessary for mental health will be available
- Services can be obtained quickly
- All necessary mental health services including medicines are available

Hospital hour may vary but emergency services are available 24/7

Counseling Center



Counseling Room



Counseling Center

Services available

- Problem identification
- Basic emotional and psychological support
- Counseling services
- Referral to higher health centers for additional treatment if needed
- if the patient wants, cases will be linked with the mental health specialist
- Follow-up services

Service limitations

- Mental health specialists (Psychiatrists and Clinical Psychologists) are not available
- Medications are not prescribed

Benefits of services

- Provides information about problems and their solutions
- As separate room is available for consultation, it will be easier to openly share the problems
- If needed, counseling services can be taken along with family
- Teaches self-care skills
- Services can be accessed online or via phone
- All services are free of cost

**Service Hours:
10 am to 4 pm**

Services	Primary Health Care Center	Health Post	Municipal hospitals	Government hospitals with psychiatric services	Private hospitals or Clinics with psychiatric services	Counseling Center
Treatment by Mental Health Specialist	✗	✗	✓	✓	✓	✗
Problem Identification	✓	✓	✓	✓	✓	✓
Emotional and Psychological support	✓	✓	✓	✓	✓	✓
Therapy and counseling services	✗	✗	✗	✓	✓	✓
Follow up services	✓	✓	✓	✓	✓	✓
Referral and Recommendation	✓	✓	✓	✗	✗	✓
IPD and OPD services for problems related to Mental Health	✗	✗	✓ (During Emergency)	✓	✓	✗
Pathology (Lab Test services)	✗	✗	✓	✓	✓	✗
Dedicated consultation rooms	✗	✗	✓	✓	✓	✓
Registration Fee	✗	✗	✓	✓	✓	✗
Medication	✓	✓	✓	✓	✓	✗
Time and expenses for transportation	✗	✗	✗	✓	✓	✗
Free services	✓	✓	✓	✗	✗	✓

“Not all health institutions provide uniform services. Patients can choose any health facility based on convenience and need. Almost all the services provided by the Government health institutions are generally free of cost, and they can be easily received.”

Role of family in treatment

Family members can play a crucial role in the treatment of individuals with depression. They can act as a bridge to connect individuals with service providers. Families can assist the individual with depression in the following ways:

- ➔ Identifying early symptoms of depression and offering them emotional support
- ➔ Encouraging the individual to seek treatment service from trained mental health care professionals
- ➔ Observing behavioral changes and assisting with timely treatment
- ➔ Assisting them in continuing regular medication, counseling, and follow-up appointments
- ➔ Supporting them as per the prescribed treatments and instructions from health workers or doctors
- ➔ By involving the individual in various daily activities
- ➔ By helping them in self-care and in becoming more self-reliant



Summary / Key Message:

Treatment is essential to cure depression, and it is possible to treat this condition. Currently, treatment of depression is available at nearby health institutions. Individuals can receive services for treatment from any health institution that is convenient for them. Family members can play a significant role in connecting individuals with treatment facilities. Effective treatment can bring remarkable improvements in the lives of individuals and their families.

It is crucial for family members to be informed about the problem, available treatment methods, and the benefits of treatment to effectively support individuals dealing with depression or other mental health issues.