

# Depression Care Program

## Kaiser Permanente San Jose Medical Center



If you are diagnosed with Depression, you can expect follow up utilizing a form called an AOQ, either in office, by telephone or by email. This will help us ensure your treatment plan is addressing your symptoms and needs along your recovery journey. Our goal is to reduce depression symptoms by half within five months of diagnosis.

### Support Groups

- Adjusting to Motherhood Emotional Support Group: **408-475-4408**
- Supporting Mamas: **408-475-4408**
- Baby and Me Support Group: **408-972-3340**

### Kp.org/Podcasts

- Anger and Forgiveness
- Grief
- Panic attacks and anxiety
- Self Confidence
- Stress
- Relaxation

### KP Appointments and Advice Line: 408-362-4740

For psychiatric or medical emergencies, dial 911 or go to the ER

### Additional Resources:

The National Suicide Prevention Lifeline:  
1-800-273-8255

The National Domestic Violence Hotline:  
1-800-799-7233

## My Treatment Plan:

### Individual Therapy

- In Person Appointment \_\_\_\_\_
- Telephone Appointment/Follow Up \_\_\_\_\_
- Email Follow Up \_\_\_\_\_

### Group Support

- **Pathways to Emotional Wellness:** In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. **408-363-4843**
  - Thursdays, 6:30-9:00PM
  - Available Dates include: 10/11, 10/25, 11/08, 11/29 and 12/13
- **Managing Depression Series:** In this 6-session series, you will learn about depression, ways to manage your symptoms, learn to challenge negative thoughts and add more pleasant activities to your life. **408-363-4843**
  - Monday, 6:30-8:30PM
  - November 12-December 17
- **Understanding Anxiety Series:** In this 6-session series, you'll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. **408-363-4843**
  - Tuesday, 6:30-8:30 PM
  - November 6-December 11
- **Postpartum Emotional Health Support Series:** Learn coping skills, positive self-talk, and relaxation methods for handling stress and depression related to pregnancy. Babies are welcome. **408-972-3095**
  - Weekly Drop-in Support Group
  - Fridays 10:30am-12:30pm

### Online Resources

- **Overcoming Depression:** Customized interactive online program. Visit [kp.org/overcomingdepression](http://kp.org/overcomingdepression)
- **Sleep Better with Dream:** Learn techniques to help you sleep better without medication. Visit [kp.org/dream](http://kp.org/dream)
- **Emotional Postpartum Care Emmi Video:** Learn how to care for your emotional health after childbirth. Visit: [kp.org/mydoctor](http://kp.org/mydoctor)
- **Domestic Violence:** For more information online, visit: [kp.org/domesticviolence](http://kp.org/domesticviolence)