



I am writing to introduce you to a new program at Northwest Health Services, the Depression Collaborative. Depression is both unrecognized and under-treated in America. If you have been feeling down recently, you are not alone: about 30% of patients seen in primary health centers suffer from depression. To ensure that you get the best care possible, we have changed our approach to treating you. We know that good communication, early follow-up, and your involvement are essential to helping you feel better.

For our part, we promise to:

- Review how you are feeling and functioning at every depression follow-up.
- Discuss options for treating the depression and respect your treatment preferences.
- Maintain contact with you through regular office visits, phone calls, and letters.
- Be open and non-judgmental in our care.

We are committed to work with you, but we need your help. In order to speed your recovery, we ask you to:

- Be honest with us about your feelings.
- Set goals for yourself-to exercise, eat regularly, get out of the house, etc. – and work to follow through on them.
- Complete a questionnaire on how you are feeling at your follow-up visits. This will help us know how to best support you.
- Take medicine, if prescribed, as you are asked to-and let us know ASAP if you have any unexpected effects so that we can make adjustments.

With care and attention, I know that you will feel better soon. The Northwest Health Services staff and I look forward to working with you-we are all in this together.

Sincerely,

Your Northwest Health Services Providers

The Collaborative is a pilot project of the Bureau of Primary Health Care's "Health Disparities Collaborative." It's goal is to improve the health and well-being in people with diabetes, asthma, cardiac disease, cancer, and depression. NWHS is one of many clinics across the nation taking a leadership role in chronic care management.

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