

Dear Counselor

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### **Drug for Depression?**

*Dear Suzanne: A few months ago, my regular physician prescribed Prozac because I was feeling depressed. While I feel a little better, nothing in my life has really changed. I wonder if I am on the right drug. What do you think? -- Carol*

**Dear Carol:** In this era of HMOs and managed behavioral health care, all too often, primary care physicians, rather than psychiatrists with psychopharmacological training and expertise, prescribe anti-depressant medications. In the recent past, these drugs were used as an adjunct to psychotherapy so that not only did one get symptom relief, but also resolved the issues which caused the depression. Recently, HMOs and managed behavioral health care companies, whose motive is profit rather than patient care, promote drug use instead of psychotherapy. It would be wise for you to get a thorough psychiatric medical evaluation and to get some help for the issues which caused the depressed feelings.

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