**Are Both Medication and Psychotherapy Necessary to Treat Depression?**

By [Nancy Schimelpfening](http://depression.about.com/mbiopage.htm), About.com

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**Question:** Are Both Medication and Psychotherapy Necessary to Treat Depression?

**Answer:** Depending upon the severity of your depression and its causes, therapy alone, medication alone, or therapy combined with medications may be advised by your doctor. Generally speaking a combination of both will get the best results. An antidepressant helps to correct the chemical imbalance within the brain responsible for the symptoms of depression. After this imbalance is corrected, a person will begin to feel better; but, the negative thought patterns which lead to depression may still remain. Therapy will help the person to alter these thought patterns and better cope with stressors in their life that contribute to their depression.

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