



# ITHACA FREE CLINIC

how we can help

## Chronic Care Program

Joining the Chronic Care Program gives you access to all of the services offered at the Ithaca Free Clinic. Patients are seen by appointment, instead of waiting at the walk-in clinic. Services include:

- acupuncture
- chiropractic
- massage therapy
- occupational therapy
- counseling
- herbal medicine
- dietitian
- energy work
- reiki
- health insurance enrollment

Here are some examples of how these services can help patients with depression

### Acupuncture

Acupuncture is a form of alternative medicine where thin needles are inserted into the body. Although it is often known for treating pain, acupuncture can treat or alleviate various conditions.

Because depression is different for every individual, acupuncture treatment for depression varies by the patient and is very specific. Treatment can take time.

### Massage

Massage therapy involves putting pressure on various parts of the body to reduce stress, relieve pain, in addition to other therapeutic benefits.

Massage therapy is significantly associated with alleviating depressive symptoms including reducing pain, increasing oxytocin and decreasing stress hormones.<sup>1</sup>

### Counseling

Licensed social workers are professionals who can provide counseling to help people deal with stress, depression and reducing anxiety. Counseling can be beneficial for many health concerns. Social workers can help people with depression talk through issues, set goals, and develop a more positive outlook.

### Nutrition

Dietitians can help patients by providing dietary counseling and helping patients to make better dietary choices. Dietitians can help individuals form eating habits that facilitate the achievement of their health goals. Dietitians can provide recommendations for managing emotional eating or loss of appetite.

### Herbal Medicine

Herbal medicine uses plants for their therapeutic properties. Herbal medicines can be taken in various forms, including as teas or tinctures.

Herbalists assess symptoms; take a history including medications and other relevant information; discuss symptoms that may or may not be directly related to depression; look at events, situations or medications that may bring on depression and ways to reduce impact; discuss the effects on day to day living and ways to improve quality of life. Herbalists also discuss various medical treatments and prepare herbal medicines that may help with:

1. Overall depression
2. Fatigue and lethargy.
3. Concentration.
4. Support the nervous system in general.

## CHRONIC CARE PROGRAM



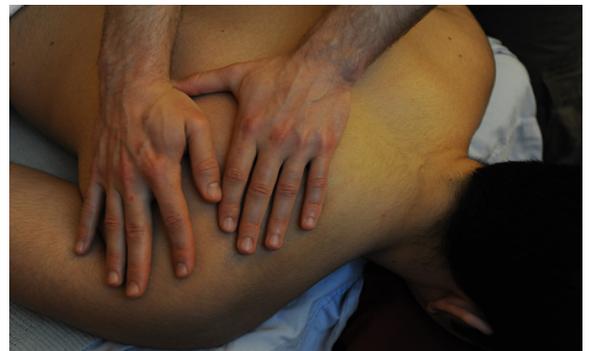
The Ithaca Free Clinic offers the Chronic Care Program, an integrative project that:

- helps patients with chronic diseases and conditions live with potential long-term health consequences
- makes each patient a part of a “care team” with multiple providers and health care professionals to help set and maintain the patient’s health care plan
- helps patients set goals and also provides support to reach those goals
- works with each patient to become and stay healthy!

**To join the Chronic Care Program,**  
call (607) 330-1254  
or email [ChronicCare@IthacaHealth.org](mailto:ChronicCare@IthacaHealth.org).

Learn more about the Ithaca Free Clinic at:  
**[IthacaHealth.org](http://IthacaHealth.org)**

We are located at 521 West Seneca Street,  
Ithaca, New York.



*The Ithaca Free Clinic offers massage services for various conditions, including depression.*

<sup>1</sup>“Treatment effects of massage therapy in depressed people: a meta-analysis” in the Journal of Clinical Psychiatry, published July 2010.