

Antidepressant Fact Sheet



Depression **is** treatable!

Things You Should Know About Your Antidepressant Medication

Your antidepressant medication is safe for you to take according to your provider's instructions.

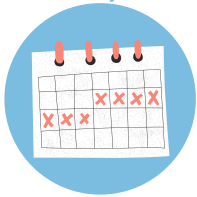
If you are using alcohol or other drugs, please discuss this with your provider.

The medication is not addictive.

They are NOT uppers; they are NOT downers.



Antidepressants only work if taken **every day** - and many work best if taken at the same time every day.



It takes time for your medication to work.
Most people begin to feel better in **1-4 weeks**.

Don't give up if you don't feel better right away.



Symptoms Targeted by Antidepressant Medication

- Sleep
- Appetite
- Concentration
- Mood
- Energy

Let's Talk About Side Effects

Always ask your pharmacist for a print-out of side effects for your medication.

Your provider wants you to know about these side effects:

- 1) _____
- 2) _____
- 3) _____

The first week is the hardest.

Some people have mild side effects, but they don't feel the medication working yet.

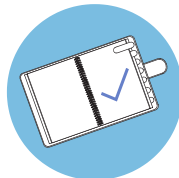
Try to stick it out.

The side effects usually go away in a few days and the medication should start to work soon.

If you're thinking of stopping your medication, **call your provider first.**

Important Things for You To Do

- Keep all your appointments.
- Take the medication **exactly** as your provider prescribes - **even if you feel better.**
- Talk to your provider - ask questions; tell them how you feel.
- If you forget a dose, **do not double dose** - take your next dose at the regular time.



Stop Taking Your Medication and Call Your Provider If...

- A rash develops.
- You experience severe side effects.
- _____
- _____



Health Center Name: _____

Telephone Number: _____