



Antidepressant Medication

Antidepressants are NOT ADDICTIVE OR HABIT FORMING. They are **NOT** uppers; they are **NOT** downers. They are safe to take according to your providers orders.

Antidepressant Medications Help With:

- Sleep
- Mood
- Appetite
- Energy
- Concentration

DEPRESSION IS TREATABLE!

Side Effects:

The first week is the hardest. Some patients may have mild side effects and feel like their medication is not working. **TRY TO STICK IT OUT**. Side effects usually go away in a few days and it may take 1-4 weeks before the prescription has a full effect and patients feel better. Different medicines have different side effects. Ask your provider for a list of possible side effects. If you are thinking of stopping your medication, **CALL YOUR PROVIDER FIRST**.



Things to do and Know When Taking Antidepressants:

- Keep all appointments with your healthcare provider
- **TALK TO YOUR PROVIDER** – ask questions; tell them how you feel
- Take the prescription **EXACTLY** as your provider prescribes - even if you feel better.
- Antidepressants work best if you take them **EVERY DAY**.
- If you forget a dose, **DO NOT DOUBLE DOSE**. – take your next dose at the regular time.
- Only stop taking your medication if you develop a rash or experience severe side effects. If you stop taking your medication, **CALL THE CLINIC**.
- If you are taking other drugs or alcohol, inform your provider.

