

## IMPORTANT INFORMATION ABOUT YOUR ANTIDEPRESSANT MEDICATION

The common types of **TREATMENT** for depression include:

- Antidepressant medicine
- Therapy with a mental health specialist
- A combination of mental health therapy and medication

Your provider will discuss your treatment with you and you may want to explore risks and benefits of each. A treatment plan will be recommended by your provider based upon your specific needs and condition. If you are using DRUGS or ALCOHOL, please discuss this with your provider.

Your ANTIDEPRESSANT MEDICATION is  
NOT ADDICTIVE OR HABIT FORMING

It is NOT an upper. It is NOT a downer.

### IMPORTANT THINGS TO REMEMBER WHILE TAKING ANTIDEPRESSANTS:

- ⌚ It takes time for your medication to work.
- ⌚ Antidepressants only work if they are taken **EVERY DAY!!!**
- ⌚ Most people start to feel better in **1 - 4 WEEKS.**
- ⌚ **DON'T GIVE UP** if you don't feel better right away.
- ⌚ **The first week is the hardest.** Some people have mild side effects and don't feel that the medicine is working. The side effects usually go away in a few days.
- ⌚ After you begin to feel better, continue to take the medicine exactly as your provider ordered it, even if you feel better.

If you are thinking about stopping your medication, **CALL YOUR DOCTOR FIRST.**

Common Side-Effects include the following:

> Dry mouth	> Constipation	> Sleepiness or difficulty sleeping
> Skin rash	> Restlessness	> Nausea and / or Vomiting
> Dizziness	> Headache	> Weight gain or loss
		> Sexual dysfunction

**IT IS IMPORTANT FOR YOU TO REPORT ANY SIDE-EFFECTS FROM YOUR MEDICINE AND TO KEEP ALL FOLLOW-UP APPOINTMENTS.**

Depending on your symptoms you may need to continue to take medication for an extended period of time even after you are feeling better. For some people, continuation of medication over a long time period is very successful in preventing a relapse.

**STOP** taking the medicine and call the clinic if you develop a rash or if side effects are severe.

**Provider:** \_\_\_\_\_

**Phone :** \_\_\_\_\_