

# Anti-Depressant

MEDICATION FACTS



## important things to **know**

Antidepressants only work if you take them everyday!

It takes time for your medication to work - most people will feel better in one to four weeks, but it could take as many as six to eight weeks for a full therapeutic effect to occur. Do not give up if you do not feel better right away!

The first week is the hardest. Some people have mild side effects, but they do not feel the medicine working yet.

Try to stick it out. The side effects usually go away in a few days and the medicine should start to work soon.

Antidepressant medications target symptoms such as:

- Sleep disorders
- Appetite problems
- Concentration issues
- Mood disorders
- Lack of energy

### Important Things You Must Do

- Keep your appointments.
- Take your medication exactly as your doctor prescribes - even if you feel better.
- Talk to your doctor - ask questions about your medications.
- If you forget a dose, DO NOT DOUBLE DOSE - take your next dose at the regular time.

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

If you are thinking about stopping your medication call your doctor first.

Stop taking your medication and call your doctor if you develop a rash or any severe side effects.

Your antidepressant medication is not addictive or habit forming. They are uppers; they are not downers. It is safe for you to take according to your doctor's orders. If you are using other drugs or alcohol please discuss this with your doctor.