

Important Things to Know About Your Antidepressant Medication

- Your antidepressant medication is not addictive or habit forming. They are not uppers or downers. It is safe for you to take according to your provider's orders.
- If you are using alcohol or other drugs, please discuss this with your provider.
- Antidepressant medications target symptoms of:
 - Sleep
 - Appetite
 - Concentration
 - Anxiety
 - Mood
 - Energy
- It takes time for your medication to work. Most people begin to feel better in one to four 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.
- Some common side effects:
 - Nausea
 - Headaches
 - Sleep disturbance
 - Restlessness
- Antidepressants only work if they are taken every day!

Important Things for You to Do:

- Keep all your appointments
- Take the medicine exactly as your provider prescribes — even if you feel better
- If you forget a dose, do not double dose — take your next dose at the regular time

Please call or e-mail your provider at _____ if you have any negative side effects or if after two weeks you feel worse.