

# You and Your Healthcare Provider:

## Working Together to Treat Depression

### WHAT TO EXPECT WHEN YOU ARE BEING TREATED FOR DEPRESSION

Depression is a treatable, medical illness. It is important to find the treatment that works best for you. Antidepressants are commonly prescribed medications to treat depression. When you are taking antidepressants, you need to talk with your provider about how you feel, so you can work together to make changes, as needed.

Because antidepressants take time to work, some people stop taking them because they think they are not helping, or because they have side effects.

### THINGS TO REMEMBER

- ⇒ It may take more than one trial to find the right medication for you.
- ⇒ Medications are started at a low dose and slowly increased to reduce the chance of side effects.
- ⇒ If you experience side effects, such as headache, fatigue, heartburn or stomach upset, talk with your provider before stopping your medication. Most side effects will go away over

time as you continue taking the medication.

- ⇒ Medications do not work right away, but may take about a month to be effective.
- ⇒ Many medications are most helpful if taken for at least six months.
- ⇒ It is important to see your medication prescriber within the first three months of taking your medication, and beneficial to see your therapist at least twice.
- ⇒ Some over-the-counter, herbal or natural supplements may interact with your medication, so inform your prescriber if you are taking them.
- ⇒ Drinking alcohol can worsen depression and interfere with the medication or cause dangerous reactions.
- ⇒ If you have questions about your medication, call your provider.
- ⇒ If you have suicidal thoughts or feelings, **call 911**, go to your nearest emergency room, or call your local Emergency Service Provider (ESP, Crisis Team).

# My Treatment Tracker

## HEALTHCARE PROVIDERS

Provider Name	Provider Telephone #	Upcoming Appointment	Upcoming Appointment	Upcoming Appointment

## CURRENT MEDICATIONS

Name	Dosage	How Often	Date Started

## OTHER SUPPORTS

Name	Number

## ACTIVITIES TO IMPROVE MY MOOD

Activities	Activities

I will try to bring this form with me to each appointment so that it can be updated