



# Depression medicines

Medicine is one way to treat depression. It works to balance brain chemicals.

## How to tell that your medicine works

- Give your medicine time to work. Most people start to feel better after 4 to 6 weeks.
- You will feel better little by little. You should start to feel less tired or worried.

## How to take your medicine

- Take your medicine every day.
- Do not run out of medicine.
- Ask the pharmacist or doctor to tell you:
  - the name of your medicine
  - how and when to take it
  - what time of day to take it
  - if you take it with food or not
- Take your medicine until the doctor says to stop. You may need medicine for a year or longer.

## How to handle problems with your medicine

- If you notice your medicine is causing side effects, talk to your doctor about it.
- Ask the doctor or pharmacist what to do if your medicine makes you feel bad or sick.

Some depression medicines may play a role in making depression worse. Depression medicines raise the risk of suicidal thoughts in children and teens who take them for depression and other mental illnesses. The higher risk of suicidal thoughts may also occur in adults who take depression medicines.

Be sure that you see your doctor regularly, especially when you first start taking depression medicines and when the dose is changed (up or down).

