

Days

Weeks

## Getting Started with Antidepressants

Days

Weeks

Name:	Date:	

Health provider: \_\_\_\_\_ Tel: \_\_\_\_\_

Weeks

Months

You have been prescribed \_\_\_\_\_\_. This medication is an antidepressant that has several uses. It is important that you are well informed about this medication. Ask your health provider about this medication's benefits and the problems it can cause.

Info Exchange. What's to be talked	about. Notes	
What you already know	O Dosage adjustment	
Purpose of antidepressant	Missed doses	
Questions or concerns	Concerns about dependence	
<ul> <li>Experience with this or other antidepressants</li> <li>How the antidepressant works</li> <li>Target symptoms/problems</li> <li>Time for improvement</li> <li>Estimated treatment duration</li> <li>Side effects</li> </ul>	<ul> <li>Safety:</li> <li>Other medications</li> <li>Herbals</li> <li>Food</li> <li>Alcohol/substances</li> <li>Stopping treatment</li> <li>Switching antidepressants</li> <li>Help beyond medications</li> </ul>	
1 Side effects	2 Side effects Benefits Side effects	its

Notes and comments:				
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Follow-up appointment:	Clinic/Pharmacy Information:			
Important				

Depression and anxiety can be serious conditions. Contact a physician immediately if you experience thoughts of harming yourself or suicide.



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