

# TAKING ANTIDEPRESSANTS

These tips can help your medication work for you

**It is important to follow your doctor's instructions.**

Here are some tips to help you remember your medication.

## **1. TAKE YOUR MEDICATION AT THE SAME TIME EACH DAY**

- Use a pill box
- Mark a calendar each time you take your medication
- Use a mobile app for text and email reminders

## **2. REMEMBER TO REFILL BEFORE YOUR MEDICATION RUNS OUT**

- Your pharmacist may be able to send refill reminders
- Use a calendar to remind you of your next refill date

## **3. GIVE YOUR ANTIDEPRESSANT TIME TO WORK**

- Don't stop taking your medication
- It takes 6 to 8 weeks to feel the benefits
- Your doctor will change the dosage or try a different drug if the antidepressant does not seem to work.
- Call your doctor's office for any questions or concerns

It is very important that you do not stop taking your medication without consulting your doctor. If you suddenly stop taking your medication you are putting yourself at risk of side effects or worsening your symptoms.

The National Alliance on Mental Illness Michigan offers help, including support groups, for people with depression and their families. Visit <http://namimi.org/> for more information. You can also call NAMI 1-517-485-4049

