



Getting Started with Antidepressants

Name: _____ Date: _____

Health provider: _____ Tel: _____

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.

- What you already know
- Purpose of antidepressant
- Questions or concerns
- Experience with this or other antidepressants
- How the antidepressant works
- Target symptoms/problems
- Time for improvement
- Estimated treatment duration
- Side effects
- Dosage adjustment
- Missed doses
- Concerns about dependence
- Safety:
 - ___ Other medications
 - ___ Herbals
 - ___ Food
 - ___ Alcohol/substances
- Stopping treatment
- Switching antidepressants
- Help beyond medications

Notes



