

HEALTH TIPS*

Depression makes you feel sad and makes it hard to do or enjoy anything. Talking to a therapist or taking the right medicine can make you feel better.

What You Can Do

- Don't be afraid to ask for help.
- If the doctor gives you medicine, take it every day.
- Don't expect your medicine to work for 2 to 4 weeks after you start it.
- Keep taking your medicine even if you feel better.
- Don't stop your medicine without checking with your doctor.
- Expect to take your medicine for at least 6 months.

See the doctor 1 to 2 weeks after you start medicine and then again in 6 weeks.

Ask your doctor about side effects--putting on weight, feeling nervous or having trouble with sex.

Ask your doctor about the right people to talk to and how your family can help you.

If you feel bad or need help, call your doctor or 911 or go to the emergency room right away.

Ask your doctor about seeing a specialist if:

- Your medicines don't seem to be working
- Your medicines have too many side effects
- You are having strange thoughts or big mood swings
- You feel you may hurt yourself or other people
- You are drinking too much or taking street drugs

The next visit with the doctor is _____

*HEALTH TIPS are developed by the American College of Physicians Foundation and PIER.

Web Sites with Good Information about Depression

MedlinePLUS

www.nlm.nih.gov/medlineplus/depression.html

National Alliance on Mental Illness

www.nami.org/Template.cfm?Section=By_Illness&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=54&ContentID=23039

National Institutes of Mental Health

www.nimh.nih.gov/publicat/depression.cfm

U.S. Food and Drug Administration

www.fda.gov/fdac/features/2003/103_dep.html

National Cancer Institute (Spanish)

www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/depresion/patient/