THINGS YOU SHOULD KNOW ABOUT DEPRESSION

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

For More Information

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

www.nami.org/Template.cfm?Section=By_Illness/TaggedPage/TaggedPageDisplay.cfm
National Alliance on Mental Illness

www.nimh.nih.gov/publicat/depression.cfm
National Institutes of Mental Health

www.fda.gov
U.S. Food and Drug Administration (search for depression drugs)

www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/depresion/patient/
National Cancer Institute (Spanish)