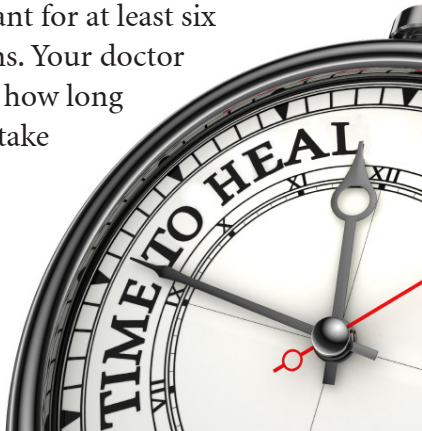


# Taking Antidepressants

## How long after starting my medication will I begin to feel better?

You may start to notice a difference in one to two weeks, but it can take up to eight weeks to feel the full benefits of your medication. Most people experiencing depression typically take their antidepressant for at least six to 12 months. Your doctor will tell you how long you should take yours.



## Are there side effects?

Antidepressants can cause side effects. Many are mild and usually improve within a few weeks. Stopping your medication can also cause side effects.

Talk to your doctor if:

- You have concerns about a side effect you're experiencing
- You feel your medicine isn't working

Your doctor may change your dosage or have you try a different kind.

## What about other treatments?

In addition to your medication, your doctor may recommend including one or more of the following into your treatment plan:

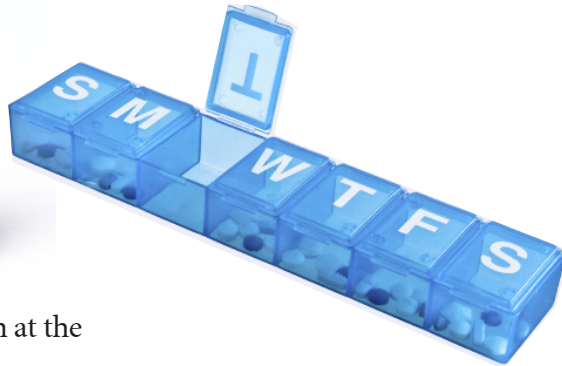
- Counseling or "talk" therapy
- Support groups
- Holistic remedies
- Exercise



# Hennepin Health

# Tips for Remembering to Take Your Medication

- Use a weekly or monthly pill box



- Take your medication at the same time every day



- Mark a calendar when you take your medicine

- Ask if your pharmacy sends reminders when it's time to refill your prescription



- Set up text and email reminders to take your medicine



## Who can I go to with questions?

If you have questions about your medication, talk with your doctor or pharmacist first. You can also call Member Services at 612-596-1036.

If you need assistance with finding support groups, providers, crisis phone numbers or educational events, you can contact:

The National Alliance on Mental Illness  
Minnesota (NAMI)  
651-645-2048  
1-888-626-4435 (toll-free)  
[www.namihelps.org](http://www.namihelps.org)

Fast-Tracker Minnesota  
[www.fast-trackermn.org](http://www.fast-trackermn.org)

