

Antidepressant Adherence



Antidepressants can help treat your depression. For antidepressants to work, you must take them as prescribed. Knowing what to expect can help you follow your treatment course.



The effects of taking your medication may not start right away.

You may not feel better at first.
It can take 2–4 weeks.



Don't skip doses.

Keep taking your medication as prescribed.
Don't stop because you feel better.



Follow-up care is key.

Go to all your follow-up visits. Tell your provider about how you've been feeling. Report any side effects. Your provider can make sure your treatment is right for you.



Talking to someone can help.

Together with medication, speaking with someone can help you feel better. Think about seeing a counselor or a therapist.



Antidepressants are not addictive.

You won't form a habit.

Possible Side Effects

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SIDE EFFECT	WHAT YOU CAN DO
Nausea	<ul style="list-style-type: none">• Drink plenty of water.• Suck on hard candy.• Take your medication closer to bedtime.
Dry Mouth	<ul style="list-style-type: none">• Chew sugar-free gum.• Drink water.• Suck on hard candy or ice.
Constipation	<ul style="list-style-type: none">• Drink water.• Exercise regularly.• Eat high-fiber foods like fresh fruits, veggies, and whole grains.
Tiredness	<ul style="list-style-type: none">• Take a short nap.• Take your medication closer to bedtime.

SIDE EFFECT	WHAT YOU CAN DO
Worry or Fear	<ul style="list-style-type: none">• Try breathing or mindfulness exercises.• Try light exercise, such as yoga or walking.• Talk to someone you trust.• Ask for help if needed.
Trouble Sleeping	<ul style="list-style-type: none">• Try breathing exercises.• Take your medication in the morning. Avoid caffeine, which is often found in chocolate, coffee, tea, and soda.