

Antidepressants: SSRI's:

1. Fluoxetine
2. Paroxetine
3. Citalopram
4. Sertraline

Novel Antidepressants:

1. Bupropion
2. Mirtazapine

Traditional Antidepressants:
(tricyclics)

1. Amitriptyline
2. Nortriptyline
3. Imipramine
4. Doxepin

Depression is a serious condition.

It has many symptoms.

Symptoms include:

- Feeling sad,
- No interest in things you enjoy
- Feeling guilty
- Feeling worthless
- Feeling restless
- Trouble concentrating
- Trouble making decisions
- No appetite
- Crying jags
- Feeling tired
- Aches and pains
- Headaches
- Changes in weight
- Changes in sleep
- Waking in early morning

It can include thoughts of death.

It can include thoughts of killing yourself.

The symptoms do not go away, if you do not get treatment.

**Managing WellCare, Staywell, HealthEase, and
Healthy Kids Plans**

Behavioral Health

**10 things you should
remember about your
treatment with
Antidepressants!!**

*Following Quality
Indicators!!*



- 1) Your doctor has ordered a medicine for you. You need to take it **every day** for three to six months. This is so it builds up in your system. You need at least three more follow-up visits with your doctor or mental health care worker during the first three months after the doctor tells you that you have depression. This is to make sure the depression is treated adequately.
- 2) You may have mild side effects. They will lessen over time. Most people stay on the medicine for at least six months. You must have three months in a row without symptoms, before thinking about stopping the medicine.
- 3) Do not stop your medicine until you talk about it with your doctor. You should stay on the same medicine for at least three months. Do not stop taking your medicine suddenly.
- 4) All medicines for depression work well. If you switch your medicine often, or miss doses, you may slow your recovery time.
- 5) These medicines are not habit forming. When your doctor decides you may stop your medicine it must be done slowly under the doctor's care. This is to make sure the depression does not come back.
- 6) Talk to your doctor right away if your depression gets worse after you start the medicine. If you have suicidal thoughts let your doctor know right away.
- 7) Your doctor ordered a medicine he/she believes will help your special needs and symptoms. Keep track of your symptoms. Tell the doctor about them at each visit.
- 8) Medicines alone do not "cure" depression. Studies show that medicine combined with counseling is the best treatment for depression. See a mental health counselor as well as take the medicine.
- 9) Drinking, drugs and many pain medicines can make depression worse. Do not drink or take drugs. Talk to your doctor about safe pain medicine.
- 10) Many people will give you advice. Always talk to your doctor about your medicine and treatment. Your doctor knows about you. He/She can tell you what you need to know!!