



Taking antidepressants wisely

Sad. Hopeless. Empty. That's how many people with depression feel.

If you've been diagnosed with depression, there are things you can do to feel better. Treatment can help you enjoy life again.

If your treatment plan includes medicines, here are a few things to know:

They don't all work the same way. Different antidepressants work in different ways. They're meant to change the brain chemicals that regulate mood.

They need time to work. You may need to take them for up to six weeks to feel the full effect.

Some people aren't helped by their first antidepressant. You may

need to try several types — or a combination — to find what works best for you.

Don't stop taking your medicine. You may want to stop taking your medicine as you start to feel better, but don't. If you stop too soon, your depression may come back.

Talk therapy may help your medicine work better. Antidepressants often work best when combined with talk therapy. Seeing your therapist regularly can help you stay on track with your treatment goals and learn helpful coping techniques.

Sources: National Institute of Mental Health (NIMH.NIH.gov); U.S. Food and Drug Administration (FDA.gov)

Caregivers: Seek the help you deserve

Need support? Ask your loved one's care manager about services that may be open to you.

4 ways to take charge

If you have a chronic condition, take it step by step:

1. Learn all you can about it.
2. Work with your doctor on a care plan.
3. Take your medications.
4. Aim for healthy habits.

Source: National Institute of Diabetes and Digestive and Kidney Diseases (www.niddk.nih.gov)

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