

THINGS YOU SHOULD KNOW ABOUT DEPRESSION

In the Clinic
Annals of Internal Medicine

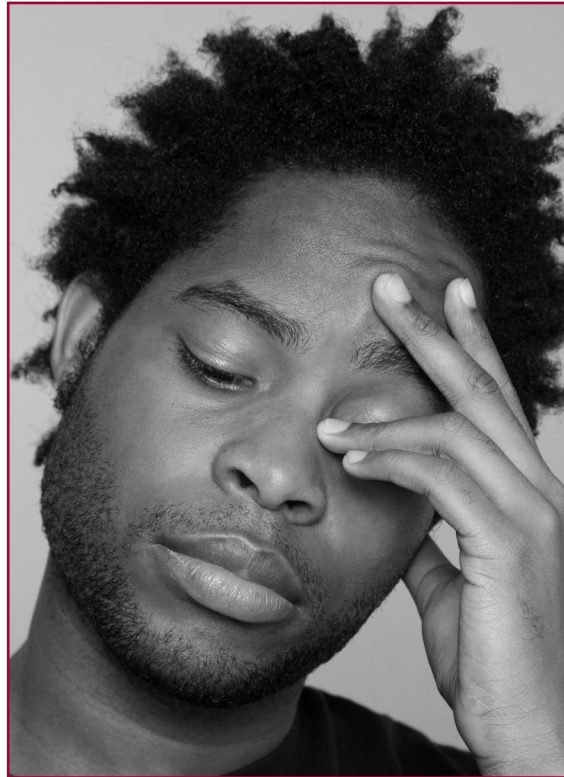
Depression makes you feel sad and makes it hard to do or enjoy anything. Talking to a therapist or taking the right medicine can make you feel better.

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)

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