

# SHARED DECISION MAKING

AID CARDS

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*Depression*

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Joint partnership between:

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**Alliance**  
Health



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# What You Should Know

## Will this medication work for me?

- 6 out of 10 people will feel better with the first antidepressant they try and the rest will have to try a different antidepressant **or another type of medicine** before they find one that works for them.

## Understanding side effects:

- Most people need to take an antidepressant have at least one side effect.
- Many side effects go away after a few weeks, but some only go away after you stop the medicine.
- Lifestyle changes can help reduce side effects.



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# Things to Remember

Medication is one of many tools to help with depression symptoms. Changing some of your lifestyle habits can improve your mental health:

- Regular therapy and or connection with supportive people
- Going to bed and waking up at the same time every day
- Eating nutritious foods
- Being active and doing some activities you enjoy

Antidepressants can be helpful for a variety of reasons such as anxiety, irritability, pain, sadness and trauma. Your doctor may prescribe 'anti-depression' medicine for another diagnosis.

You and your doctor might choose not to start medications and try other things such as therapy first.

It's important to communicate with your doctor or therapist often about how you are feeling.



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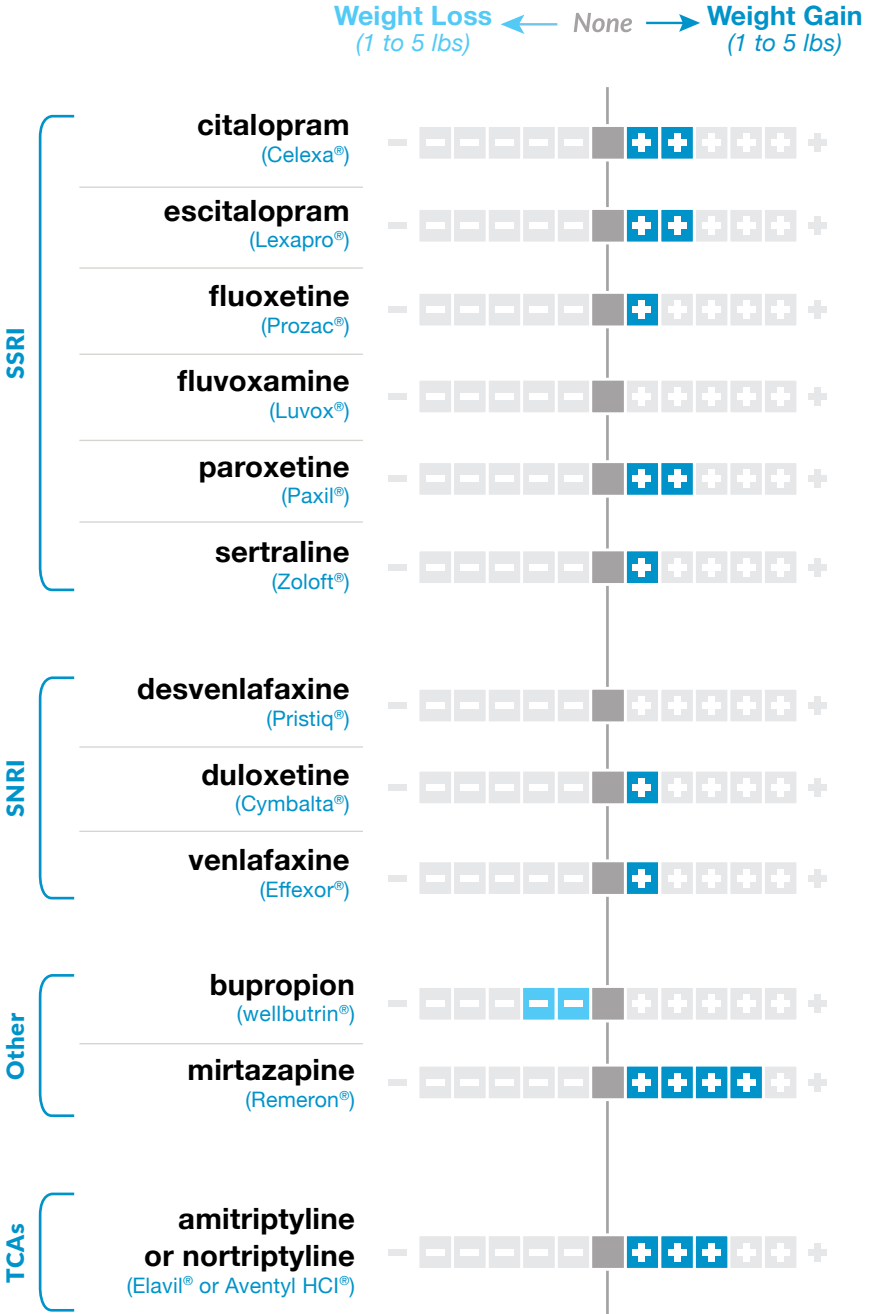
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# Weight Change

Some people may experience weight change. It is most likely to occur over six to twelve months and depends on your actual weight. The chart below is based on a 150 lb person.



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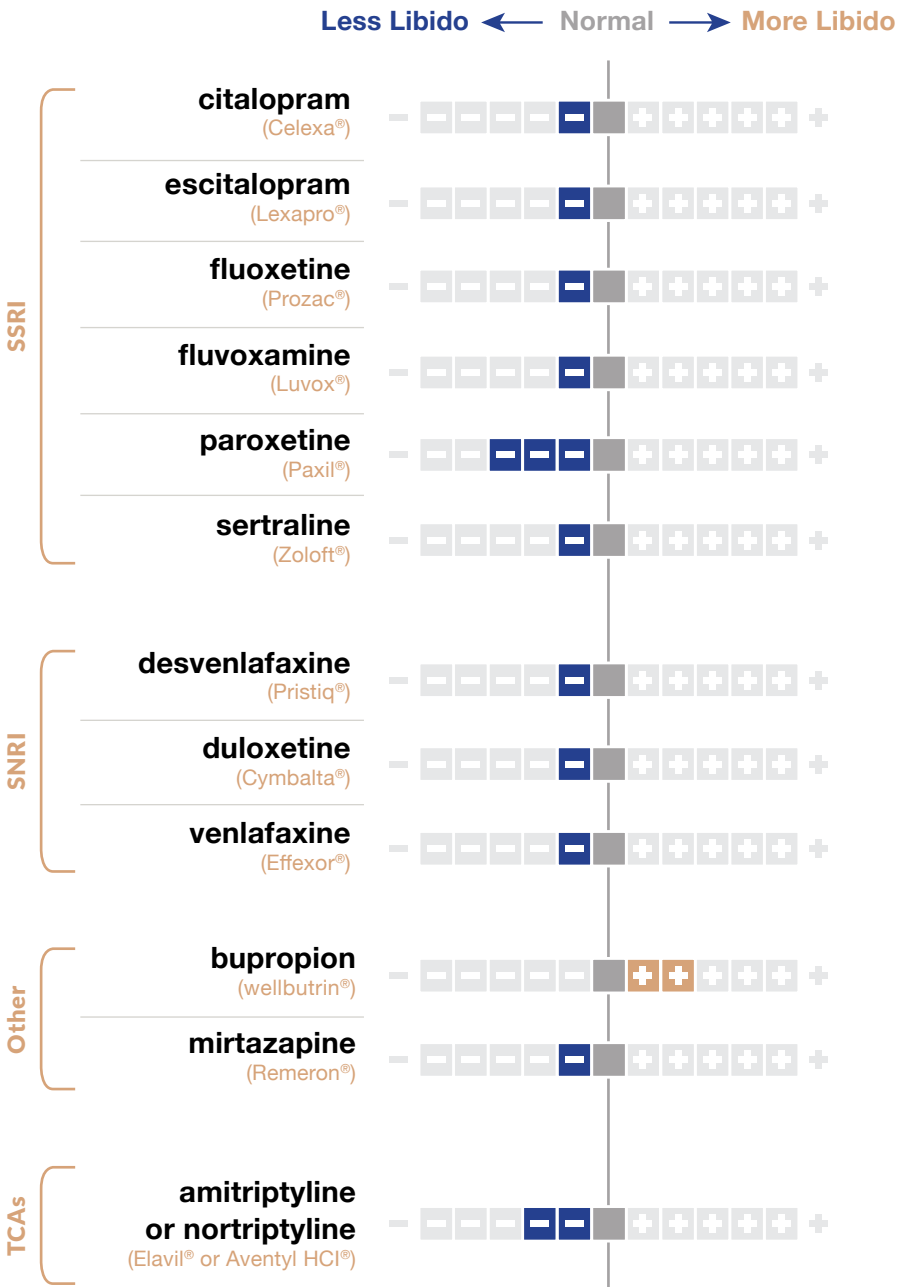
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# Sexual Side Effects

Some People may experience loss of sexual desire (libido) or loss of ability to reach orgasm because of their antidepressant.



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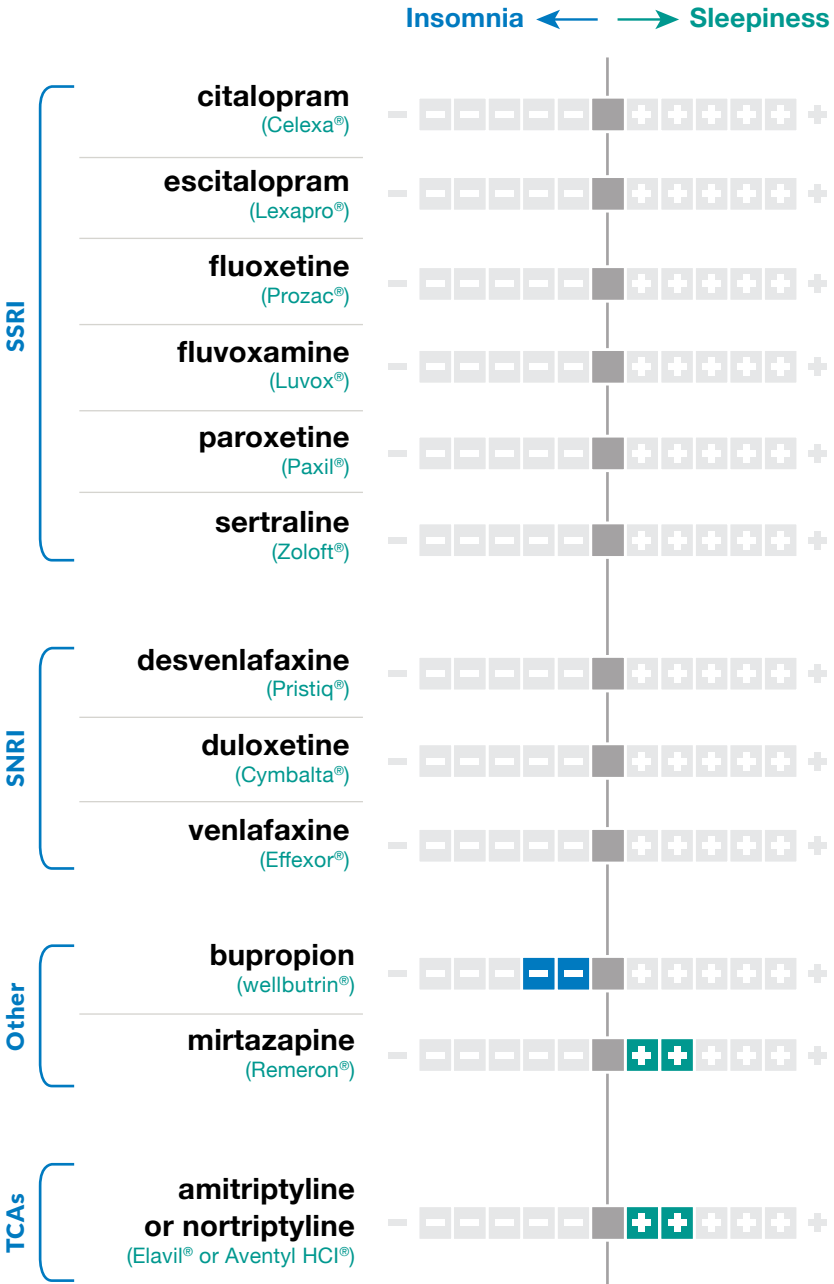
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# Sleep

Some People may experience sleepiness or insomnia because of their antidepressant.



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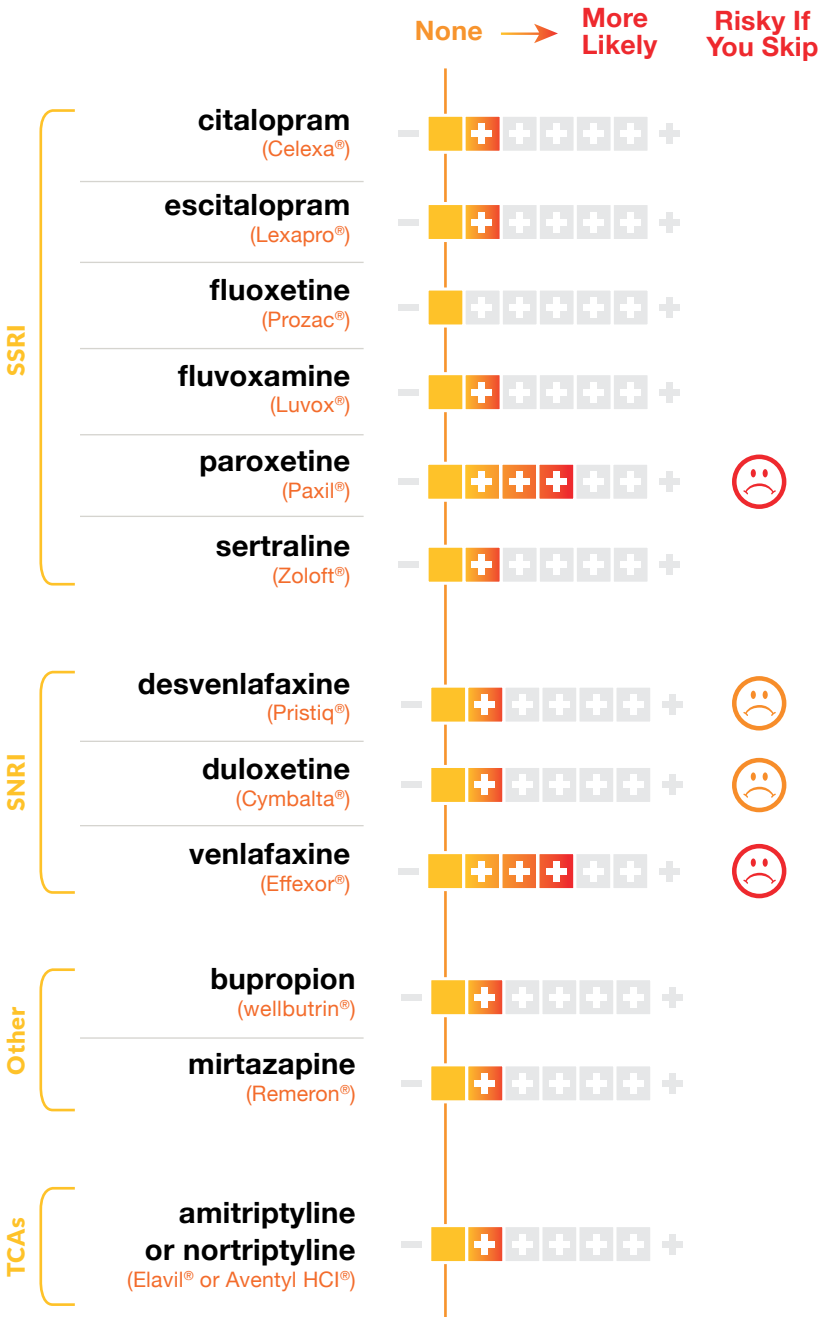
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# Stopping Approach

Quitting your medicine all at once can make you feel sick, as if you had the flu (e.g. headache, dizziness, light-headedness, nausea, or anxiety).



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