






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.

KEY FACTS				
				
<p>The effects of taking your medication may not start right away.</p> <p>You may not feel better at first. It can take 2-4 weeks.</p>	<p>Don't skip doses.</p> <p>Keep taking your medication as prescribed. Don't stop because you feel better.</p>	<p>Follow-up care is key.</p> <p>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.</p>	<p>Talking to someone can help.</p> <p>Together with medication, speaking with someone can help you feel better. Think about seeing a counselor or a therapist.</p>	<p>Antidepressants are not addictive.</p> <p>You won't form a habit.</p>

Possible Side Effects

Some people may have side effects when taking antidepressants. Always check with your health care provider about any side effects. To help with common side effects please see chart below:

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 chips
Constipation	<ul style="list-style-type: none"> • Drink water • Exercise regularly • Eat high-fiber foods, such as fresh fruits, vegetables, and whole grains
Tiredness	<ul style="list-style-type: none"> • Take a short nap during the day • Take your medication closer to bedtime

continued →

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SIDE EFFECT	WHAT YOU CAN DO
<p>Worry or fear</p>	<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 you need it
<p>Trouble sleeping</p>	<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

Peach State Health Plan is proud to be your health care partner. If you have any questions, please call our Member Services at 1-800-704-1484, TTY/TDD: 1-800-255-0056. We are here to help!

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