

7 Things To Know About Antidepressants

Antidepressants are medicines that are often prescribed to help treat depression. Here are 7 things to know about antidepressants.

One: sometimes antidepressants are also used to help treat other conditions like anxiety, eating disorders, post-traumatic stress disorder, and chronic pain such as musculoskeletal pain or nerve pain caused by diabetes.

Two: antidepressant medicines work in different ways.

No antidepressant works better than another, but different ones work better or worse for different people.

Many people start to feel a difference within a few weeks after they start these medicines.

But for other people, it can take as long as 2 to 3 months.

Three: keep in mind that it can take a while to find the right medicine and the right dose that works best for you.

So, be sure to let your doctor know if you aren't feeling better.

Your doctor may change how much you take.

Or your doctor may suggest trying a different medicine.

Four: depression medicines can have some side effects.

Side effects can include nausea, constipation, dry mouth, and sexual or arousal problems.

Most side effects can be managed, and if not, you can work with your doctor to change the dose or type of medicine you take.

Five: doctors usually recommend taking depression medicines for at least 6 months after you feel better.

It can help prevent depression from coming back again when you do stop the medicine.

Six: If you decide to stop taking your depression medicine before your doctor recommends, talk with your doctor first about how to do it safely.

Here's why: quitting antidepressants too quickly can cause withdrawal symptoms.

It can also cause depression to come back.

Seven: along with taking depression medicines, counseling can be an important part of treating depression.

Taking medicine along with counseling often works better than counseling alone, so continue taking your medicines as prescribed

Just like any illness, treating depression with medicines is how you can feel better and have a healthier life.

If you have any questions or concerns about your medicines, contact your doctor's office or counselor/therapist.

They are there to help.