

# What to Remember During Your Treatment

---

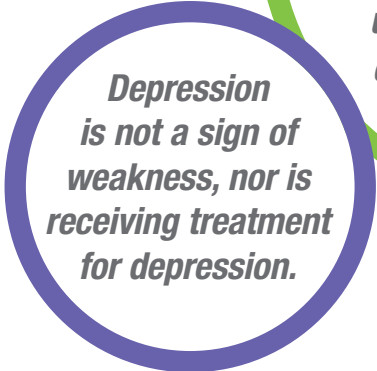


## What to Remember During Your Treatment

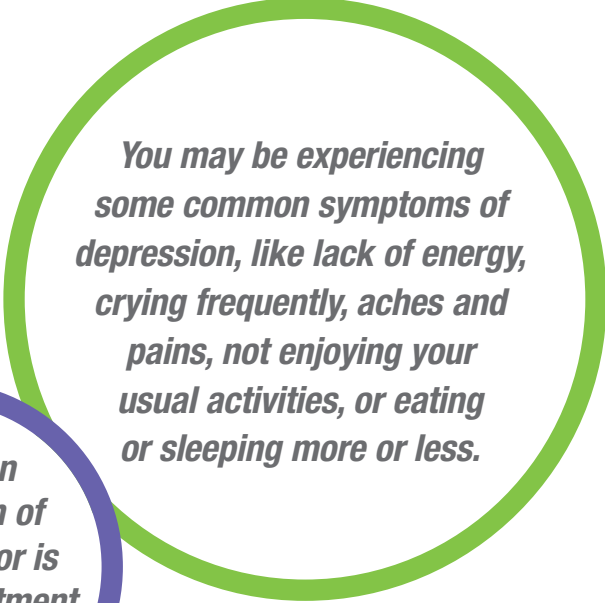
---

Sometimes, especially when the bad days outweigh the good, it's hard to have a positive outlook. If you're filled with doubt or simply nervous about your treatment, take a moment to read this information. Always keep in mind that depression is a serious medical illness, but it's also a treatable one. Stay the course and be optimistic about your treatment plan as recommended by your doctor.

Let this information serve as an affirmation of your commitment to treating depression.



***Depression is not a sign of weakness, nor is receiving treatment for depression.***



***You may be experiencing some common symptoms of depression, like lack of energy, crying frequently, aches and pains, not enjoying your usual activities, or eating or sleeping more or less.***

The contents of this brochure are for informational purposes only. Such contents are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or other qualified health care provider with any questions you may have regarding a medical condition. Do not disregard medical advice or delay in seeking it because of something you have read in this brochure.

## What to Remember During Your Treatment

---

- To aid in your treatment, try to stick to a routine for taking your medicine, try to do things you enjoy or used to enjoy, set small goals for yourself each day and try to achieve them, and talk with people you trust about how you are feeling.
- Take your medication exactly as directed by your doctor. Keep a log of when you take your medication. Your doctor and pharmacist are important resources. Inform them about all medicines, including over-the-counter medications or supplements, that you are taking.
- You and your family should look for unusual changes in behavior, worsening of depression, and thoughts of suicide, especially early during treatment and if the dose is changed. Such symptoms should be reported to your physician immediately.

***Make and keep all doctor appointments, and share your feelings freely at each appointment. Don't be embarrassed or afraid to ask for help.***

***Be aware that certain life stressors (death in the family, divorce, chronic illness, job loss or change, etc) may function as triggers for depression. Seek additional help if and when you need it. Your doctor is only a phone call away.***

***Remember that depression is treatable. Regular follow-up visits with your doctor may help you stick with your program and stay on the road toward your treatment goals.***

***Ask your doctor about whether talk therapy should be part of your treatment plan. Remember, speak frankly with your doctor about how you are feeling and about any thoughts of suicide.***

# What to Remember During Your Treatment

---