

KEY ANTIDEPRESSANT INSTRUCTIONS **FOR PATIENTS**

- **Antidepressants only work if taken every day.**
- **Antidepressants are not addictive.**
- **Benefits from medication appear slowly.**
- **Continue antidepressants even after you feel better.**
- **Mild side effects are common and usually improve with time.**
- **If you're thinking about stopping the medication, call your clinician first.**
- **The goal of treatment is complete remission. Sometimes it takes a few tries.**

Adapted from Lin E, VonKorff M, Katon W, Bush T, Simon G, Walker E, Robinson P: The role of the primary care physician in patients' adherence to antidepressant therapy. Medical Care 1995; 33(1):67-74