



Sticking With My Medicine— What Will Work?

Taking your depression medicine as directed by your healthcare provider is one of the most important things you can do to help manage your depression symptoms.

Not taking your depression medicine as directed by your provider means:

- Your medicine may not work the way it should.
- Depression symptoms may return.
- You may have side effects if you suddenly stop your medicine.

“I sometimes want to stop taking my medicine when I feel better.”

- Continue to take medicine as directed, even if you are feeling better. Your depression symptoms may return if you stop taking your medicine.
- Never stop taking your medicine without first talking to your provider.

“I’m so busy. It’s hard for me to keep track of my medicine.”

Taking one or more medicines at different times each day can be hard. The key is to create a routine that fits your life.

- Try taking your depression medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.

If you often forget to take your medicine:

- Ask your pharmacist if it is okay to use a pillbox marked with the days of the week to store your medicine. If it is okay, you can take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicine in a place where you will see it every day.



If you forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.

Some people taking depression medicines may think about suicide more. This occurs most often in people under 25 years of age. If you have these thoughts, call 911 or your healthcare provider immediately.