

# Antidepressant Medication and YOU

## How will the medication help me?

When you take medication for depression, it works in your brain to help you:

Be less sad  
Like doing things again  
Feel less grouchy  
Sleep and eat better



## How does the doctor know that the medication is working?

Your doctor will talk with you, your family and your teacher to know if the medication is working right. He may need to change the amount or kind of medication you get to make sure it works the best for you.



## Will the medication make me feel bad?

Probably not, but sometimes medications can cause side effects, which can make you feel strange. Some side effects are:



Trouble falling asleep  
Stomach ache  
Headaches  
Blurry vision  
Feeling thirsty a lot

If you notice any of these or if you are having any other problems, tell your parents and doctor. Most of the time side effects are not serious and will go away.

## What is my role?

- Learn what medication you are taking, how much to take, and what it is for.
- It's very important to take your medication when your mom, dad or teacher tells you.
- You should help remember when to take your medication.
- Even if you feel okay, you need to take your medication every day.
- You should never share your medication with anyone else. It can be dangerous and it's against the law.