

Medication for Treating Anxiety and Depression

Sometimes doctors will prescribe medicine to help with anxiety and depression. This resource gives general information about medicine for depression and anxiety, and important things to remember.

DEPRESSION

When people take medicine for depression, they usually take it for at least 6-12 months. It may take this type of medicine a few weeks to work. Once you begin to feel better, your doctor may want you to keep taking the medicine for another 6-9 months.

ANXIETY

Some medicines for anxiety work the first time you take it. Others may take days or weeks to work. Some may even make you feel more anxious the first few days you take it. This can be normal and should go away after a few days.

REMEMBER

- Never stop taking your medicine without talking to your doctor.
- It's important not to miss doses of medicine. Use reminders, such as alarms on your smartphone, or use a weekly pill container placed where you will see it.
- Never share your medications with others
- Always talk with your doctor if you have any side effects.
- If you don't feel like you're getting better, talk to your doctor.
- Keep appointments and check-ups with your doctor; they're very important.
- Your doctor may ask that you do other things to help your physical and mental health. These may include therapy, healthy food, exercise, or a daily schedule with the right amount of sleep. It's important to follow these as best as you can.

