

Taking antidepressants can help reduce your depression symptoms and increase your ability to participate in your life. CBH encourages doctors to involve you in decisions regarding your medications and to educate you about the reasons behind your medication use, ensuring you are comfortable with your care. Managing your own medication is an essential and empowering step in caring for your mental health. In addition to medication, it is important that you have a support system in place for managing your mental health. Therapy, certified peer specialists (CPSs), and family support are crucial components of recovery and symptom management.

What You Need to Know About Your Antidepressant Medication

- ➔ In some cases, it may take six to eight weeks for the medication to significantly decrease symptoms.
- ➔ Your medication may require dose increases to be fully effective.
- ➔ If you feel that the medication is not working for you or have any questions about it, contact your doctor or pharmacist.
- ➔ Always talk to your doctor before discontinuing a medication; stopping suddenly can cause your symptoms to worsen or cause uncomfortable side effects.

Take an active role in your care. Here are some questions you may want to ask your doctor during your next appointment. You can also use the tips below to help you remember to take your medications consistently.

Ask your doctor the following questions:	Ways to Remember to Take Your Medication
➔ Why am I being prescribed this medication? ➔ How will this medication help me? ➔ How long will it take this medication to help me? ➔ What side effects can I expect with this medication? ➔ How will I know if this medication is working? ➔ What should I do if I miss a dose? ➔ How should I store this medication? ➔ What time of day should I take this medication? ➔ If I am unable to swallow the pill, can I crush this medication?	➔ Set a reminder for your medication refill. ➔ Keep medications next to your bed if you take them after waking up or before going to bed. ➔ Ask for help. Have a friend or family member remind you about your medication. ➔ Ask your pharmacist about unit-dose packaging or use a pill box to help you remember to take your medication. ➔ Keep a list of your medications, including notes on how and when to take them, and a schedule or chart. You can use our wallet card. ➔ Use an app on your phone, like Medisafe, to send notification reminders for taking your medication. ➔ Set alarms for the times you need to take your medication. ➔ Make it part of your daily routine by taking it immediately after a habit, such as brushing your teeth or preparing a meal.

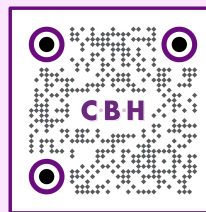
Concerns When Taking Your Antidepressant Medication	Ways to Help Manage Your Concerns
I do not feel better after taking this medication for several weeks, and I'm worried this medication isn't working.	Antidepressant medications usually need to be taken regularly for six to eight weeks before you feel better. Your medication may need to be adjusted or switched to a different one. Discuss your concerns with your doctor.
I want to stop taking my antidepressant.	Stopping your medication abruptly can cause uncomfortable side effects. Talk to your doctor about stopping or changing your medications to something that might work better for you.
I don't like the way this antidepressant makes me feel.	Side effects can happen with any medication. Antidepressant side effects may include changes in energy, changes in sleep, dry mouth, sweating more, and nausea. Often, side effects will go away as you get used to the medication. Talk to your doctor about any uncomfortable side effects you are experiencing while taking your antidepressant.
I do not have access to transportation to get my medications from the pharmacy.	CBH partners with Modivcare to help you get transportation to your doctor's appointments and to the pharmacy to pick up your medications. To request a ride, call 877-835-7412. Modivcare will take you to one of the two closest pharmacies to your home. You may also contact your pharmacy or health plan (e.g., Keystone First, Jefferson Health Plans) about home delivery options.
I do not want my family members to know I am taking medication for depression.	You have the right to keep your medication history private. Talk to your pharmacist about discreet pill containers that do not display your personal information. If you receive medication delivery, discuss using discreet packaging with your pharmacy.
Taking this antidepressant is making me feel worse.	If your depression symptoms worsen or you experience suicidal thoughts or behaviors, contact your doctor right away. You can call or text 988 to talk to a trained professional if you are experiencing a mental health crisis. They are available 24/7.



Pharmacy Education and Resources for Members

Includes medication wallet card, guides, tip sheets, and other valuable resources for members

SCAN ME!



Transportation Services for Members

Includes information on the Medical Assistance Transportation Program (MATP) and Modivcare

SCAN ME!



CBH Member Services
888.545.2600
cbhphilly.org



You are one phone call away from getting help.

Compassionate, trained professionals answer all calls 24-hours a day, 7 days a week. Callers will receive counseling, guidance, assessment, and referrals/warm transfers to other services as indicated.