

COMMON ANTIDEPRESSANTS

SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIS)

- Sertraline (Zoloft)
- Citalopram (Celexa)
- Escitalopram (Lexapro)
- Fluoxetine (Prozac)
- Paroxetine (Paxil)

SEROTONIN AND NOREPINEPHRINE REUPTAKE INHIBITORS (SNRIS)

- Duloxetine (Cymbalta)
- Venlafaxine (Effexor)

OTHER ANTIDEPRESSANTS

- Bupropion (Wellbutrin)
- Mirtazepine (Remeron)

These are the most commonly prescribed antidepressants. There are other antidepressants on the market that your doctor may prescribe.

If you have questions about these, or other medications, please email us at info@punktalks.org or contact your doctor.

TIPS ON REMEMBERING TO TAKE YOUR MEDICATION

- Set a reminder on your phone.
- Take the medication at the same time every day (breakfast, dinner, bedtime, etc.)
- Put your medication bottle in a place that you see every day.

SYMPTOM RESPONSE

This table shows a typical timeline for symptom response. These symptoms may respond either when initiating an antidepressant for the first time, or after reaching your maximal dose.

For example, after 1 week of taking your antidepressant, you may feel less anxious, at week 2, you may feel an increase in energy, etc. Keep in mind that everyone responds differently, and you may feel symptoms respond at a different time frame than this table.

TIMEFRAME SYMPTOMS

WEEK 1	Anxiety, insomnia
WEEK 2 - 3	Loss of energy, less headaches, body aches, stomach problems
SEVERAL WEEKS	Sleep problems, less feelings of not caring about anything, increased mood.

***Punk Talks does not have any conflicts of interest and is not affiliated with any drug manufacturing companies.*

CONTACT US AT
INFO@PUNKTALKS.ORG

SUICIDE PREVENTION HOTLINE
1-800-273-8255



LEARNING ABOUT
ANTIDEPRESSANTS

WHEN STARTING ANTIDEPRESSANTS

When you are first starting antidepressants, keep in mind the following:

- It may take 4 to 6 weeks to feel the full benefit from an antidepressant.
- Your energy level may increase before your mood starts to feel better.
- Antidepressants need to be taken every day to work.
- You may or may not experience side effects from antidepressants
- Abruptly stopping antidepressants is not recommended, and may cause withdrawal symptoms including rebound depression.
- Stopping antidepressants should be done gradually by tapering off of the medication. It is very important to consult with your doctor before stopping an antidepressant or deciding to taper.
- Although they are commonly referred to as antidepressants, these drugs can be used for other medical conditions including anxiety disorders, obsessive compulsion disorders, fibromyalgia, premenstrual dysphoric disorder, aiding in smoking cessation, and many more.

POSSIBLE SIDE EFFECTS

- Antidepressants may increase thoughts of suicide. This occurs in up to 18% of people who begin antidepressants, and usually only lasts for a few days, and eventually improves in 91% of people. If you have persistent thoughts of suicide, contact your doctor, support group, and/or the suicide hotline.
- Weight gain
(common with mirtazapine and paroxetine)

- Drowsiness
(common with mirtazapine and citalopram)
 - Stimulation and insomnia
(common with fluoxetine and sertraline)
 - Sexual dysfunction
(common with SSRIs and SNRIs)
 - Upset stomach
- * These are not all the possible side effects of antidepressants. Each antidepressant comes with their unique side effect profile. It is important to talk to your doctor or pharmacist with any concerns you have.

FAQ'S

WHAT HAPPENS IF I FORGET TO TAKE MY DOSE?

Take your next scheduled dose when you remember, but do not double your dose to make up for the missed dose.

In most cases, missing one dose is not an issue, but frequent missed doses will make the medication ineffective.

WILL MY PRESCRIPTION DRUG INSURANCE COVER THESE?

Most insurance companies cover the commonly prescribed antidepressants. Each insurance company is different, so there may or may not be a copay.

WHAT IF I DON'T HAVE PRESCRIPTION DRUG INSURANCE?

Many pharmacies will have a \$4 or \$5 generic medication list, meaning you can pay \$4 -5 for a month's supply of medication. Contact your local pharmacy to see what options you have for paying without insurance. Punk Talks does not endorse any one particular company or pharmacy, so talk to your doctor or pharmacist about options.

CAN I DRINK ALCOHOL SAFELY WHILE TAKING AN ANTIDEPRESSANT?

Although alcohol is safe in moderation, people who take antidepressants may find that they get more intoxicated on less alcohol. It is important to drink carefully. If you find that you are very depressed or think about suicide while drinking, it is best to avoid alcohol.

WILL I NEED TO BE ON THESE FOR THE REST OF MY LIFE?

In most cases, the answer is no. Many clinicians will recommend taking antidepressants for about 6 months after you begin to feel better. Everyone responds differently, so there may be some cases where a person needs to take antidepressants for an extended period of time. Even if you start to feel better, abruptly stopping will increase your risk of relapse. Talk with your doctor before stopping any medication as they will guide you on how to do so safely.

HOW DO ANTIDEPRESSANTS WORK?

Antidepressants work by affecting chemical systems in the brain called neurotransmitters. Neurotransmitters such as serotonin, norepinephrine, and dopamine all play a role in the way nerve cells in the brain communicate. One theory of why depression occurs is due to neurotransmitter imbalances in the brain.

WHAT OTHER TREATMENTS ARE EFFECTIVE FOR DEPRESSION?

Lifestyle changes such as regular exercise, relaxation, self-care, and sleep can be very effective. Psychotherapy is also an effective treatment in helping treat depression. Punk Talks offers free therapy referrals, licensed therapist consultations.