

ANTIDEPRESSANTS

July, 2021

What are antidepressants?

Antidepressants are medications designed to alleviate the symptoms of clinical depression and other mood disorders.

How do antidepressants work?

Antidepressants work by adjusting the levels of several types of chemicals in your brain called neurotransmitters. Possible side effects are the result of the same process.

Are antidepressants addictive?

Antidepressants are not addictive.

Why antidepressants may be beneficial?

Scientific research has shown that people who take antidepressants in combination with behavioral changes experience less symptoms of depression and anxiety sooner than people who do not take antidepressants.

Why are there so many different types of antidepressants?

Different antidepressants will affect different people in different ways. This is based upon gender, BMI, metabolism, and other family genetic factors. Your PCM may have to try several medications before they find one that works well for you.

Where can I pick up my antidepressants?

Your medication can be picked up at the pharmacy here or at any of the pharmacies covered by TRICARE.

When can I expect my antidepressants to work?

It may take 10-21 days before you notice any reduction in symptoms. In order to get the best benefit, it is important to take antidepressants as prescribed, and your PCM may adjust your dosage over time. Also, medication treatment usually continues at least 6 months beyond the point of symptom improvement.

Will I experience any side effects?

There is the possibility of side effects and some people may experience 1 or 2 of the following. However, these side effects can most often be managed by dosage adjustment or by switching to another medication and, if present, usually go away in 7-10 days.

Can I drink alcohol while taking antidepressants?

Do not drink alcohol if you are taking antidepressant medication. Alcohol can block the effects of the medication. If you desire to drink occasionally or socially (never more than 1 drink per day) discuss this with your provider.

Primary Care Behavioral Health