

Patient Education Depression Medication

UnitedHealthcare Community Plan
of Massachusetts



Important facts about taking your depression medication:

- Do:**
- Take your medicine every day, exactly as written on the medication label.
 - Keep taking your medication even if you don't feel better in the beginning. It takes 2-4 weeks before you will notice any benefits.
 - Contact your primary care provider if you are having bothersome side effects. Many side effects go away after 1-2 weeks. If they don't go away, your provider can prescribe a different depression medication that may work better for you.
 - Contact your primary care provider if one medication is not working for you after taking it as prescribed for 4 weeks. There are other medications that can be tried. Not all medications work for each person.
 - Be sure to make and keep follow-up appointments. This is important to make sure you are getting the best treatment and to make sure your depression goes away.
 - Keep taking the medication even if you are feeling better. Depression is more likely to come back if you take medication for less than 6 months.
 - Think about attending counseling and ask your primary care provider for a recommendation. The medicine should help make talk therapy more effective.
- Do Not:**
- Do not stop taking depression medicine without first discussing the plan with your primary care provider. Some antidepressants may make you feel worse if you suddenly stop taking them.
 - Do not drink alcohol. Alcohol can make depression worse, and it can stop the depression medicine from working. Also, some depression medications increase the sleepy effect of alcohol.
 - Do not be concerned. Depression medicine is not habit-forming and will not change your personality. Depression changes the way your brain works. The medicine returns the brain to healthy patterns. And, the medicine will help you eat and sleep more normally, think more clearly and have more energy.

Depression medication works for most people. Please work with your primary care provider to find the right medication for you.



Adapted from Dartmouth-Hitchcock Knowledge Map™ Depression Management Adult, Ambulatory Clinical Practice Guideline. Copyright 2017.

UnitedHealthcare SCO is a Coordinated Care plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is a voluntary program that is available to anyone 65 and older who qualifies for MassHealth Standard and Original Medicare. If you have MassHealth Standard, but you do not qualify for Original Medicare, you may still be eligible to enroll in our MassHealth Senior Care Option plan and receive all of your MassHealth benefits through our SCO program.

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