

# Antidepressants

**Antidepressants are medicines that help people who have depression. This sheet answers some questions about antidepressants.**



## Will antidepressants make me ignore or forget my problems?

Antidepressants don't make you forget your problems. Depression can make you tired. If you are tired, you may not have the energy to deal with your problems. Antidepressants help you feel better so you have more energy to deal with your problems.

## Will antidepressants change my personality?

Antidepressants will help you feel more like yourself again. They won't change your personality. Sometimes antidepressants can make people lose interest in things. If that happens to you, talk to your doctor right away. They can switch you to a different antidepressant.

## Can I get addicted to antidepressants?

You can't get addicted to antidepressants. But your body will get used to the medicine. If you stop taking it suddenly you can have problems like headaches, feeling like you're going to throw up, or feeling dizzy. Talk to your doctor before you stop taking your antidepressants.

## **If I start to take antidepressants, will I have to take them for the rest of my life?**

Most people only need to take antidepressants for 6 to 9 months. Once you are feeling better, talk to your doctor to decide if you can stop taking your medicine. Some people may need to take the medicine longer than 9 months.

## **I'm worried that taking antidepressants means I'm weak.**

Depression is an illness just like high blood sugar or high blood pressure. Taking antidepressants when you need them means that you are strong. You are taking care of yourself.

## **Will antidepressants make me gain weight?**

Some people gain weight when they take antidepressants. Some people lose weight. If you are worried about your weight, talk to your doctor.

## **Will antidepressants ruin my sex life?**

Some antidepressants can make it harder to feel turned on. But being depressed can also make you not want to have sex. So many people find that when they take antidepressants their sex lives get better. If your medicine causes problems with sex, talk to your doctor.

## **Do antidepressants raise my risk of suicide?**

For people younger than 25 years old, antidepressants may raise your risk of suicide. If you start to have thoughts about hurting yourself or ending your life, talk to your doctor right away.

## **I tried one antidepressant and it didn't work for me.**

It may take 4 to 6 weeks for an antidepressant to start working. Also, lots of people have to try different antidepressants before they find one that works for them.