



TIPS FOR FAMILIES

## Anti-Depressant Medication

### Contact Us

Cenpatico can help you find a provider near you.

We can also make a referral and help make you an appointment.

Call us for more information: 866-896-5053

[www.cenpatico.com](http://www.cenpatico.com)



AntiDep-Massachusetts-5/2011



## Way to Go!

Talking to your doctor about how you are feeling is a good way to start feeling better.

- Keep taking the medicine your doctor gave you.
- Keep all of your appointments with your doctor.
- When you go to the doctor talk about how the medicine makes you feel.
- Whatever you do, don't just stop taking the medication.

## “What else can I do to feel better?”

Experts say that exercise helps a lot and you can start off with a little bit at a time.

Here are some suggestions:

- Try exercising a little every day.
- Take your dog for a walk.
- Walk while you're talking on the phone.
- Take the stairs rather than the elevator.
- Walk indoors at the mall.
- Park your car in the furthest space from the door.

\*Check with your doctor before starting an exercise program.



“The doctor told me that I was depressed and gave me some medicine.”

Getting better begins with small positive choices every day.

You can look online for support groups in your area. Also, sometimes it helps to talk with a professional. Your insurance company can help you find a counselor. It's important to remember to be gentle with yourself.

Here are some more suggestions on how to do that:

- Eat healthy food.
- Reduce stress.
- Avoid the urge to isolate.
- Relax.