



If you experience drug side effects or have questions about your treatment, contact your doctor right away.

Identifying the Issues

Between visits to your doctor or therapist, follow your treatment plan. Take prescribed medications in the recommended doses. Complete any activities assigned by your therapist.

Understanding Your Medications

If you're getting a new prescription, ask your doctor:

- What is the name of the medication you're prescribing for me?

- How much should I take, and when should I take it?

- How soon should I expect results?

- Should I avoid any of the following while taking this medication?
 - Activities (driving, etc.) _____
 - Foods _____
 - Drinks _____
 - Other medications _____
- What side effects might I experience, and what can I do about them?

Identifying the Issues, *continued*

Questions for your therapist:

- Which therapy approach is most likely to help my type of depression? _____
- What will I need to do during therapy? _____

- How often will we meet?
 - Monthly
 - Every two weeks
 - Weekly
 - Twice a week
 - Other _____
- How long will therapy continue, and when might I start feeling better? _____
- Will you give me assignments between sessions and if so, what will they be? _____
- What should I do if the symptoms return after treatment?

- How can I reach you in case of emergency?

Other questions:

Notes:
