

WHY DO I NEED TO TAKE ANTIDEPRESSANT DRUGS?



- Medical research indicates that depression is often associated with specific changes in the chemical message systems of the brain (serotonin, noradrenaline, dopamine).
- Antidepressant medication can quickly relieve poor sleep, anxiety, tiredness, poor appetite, poor concentration and agitation.
- Antidepressant drugs do not change your personality.
- Antidepressants take several weeks to have their full effect.
- Antidepressants are usually prescribed for a period of time after your symptoms have stopped (six to 12 months) to prevent relapse of the depressive illness.
- For mild or moderate depression, psychological treatments alone may be sufficient.
- Antidepressant drugs do not make people more dangerous.

MORE INFORMATION

BluePages [<http://bluepages.anu.edu.au>]

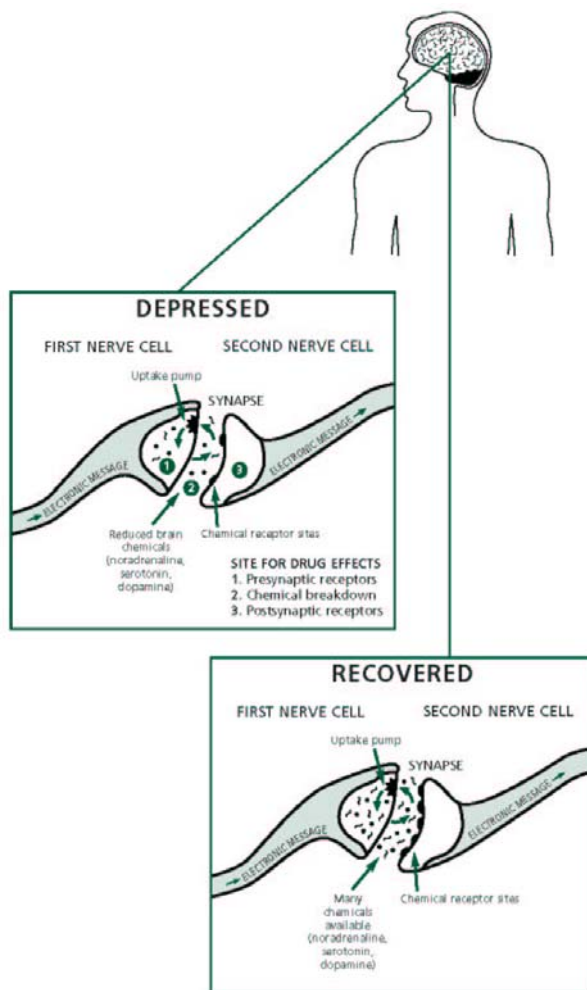
BluePages provides information about depression for consumers and provides comprehensive information about antidepressants as well as other treatments.

Infrapsych [www.infrapsych.com]

Visit Infrapsych to find more information on the management of depression using antidepressants.

IS THERE A CHEMICAL CAUSE OF DEPRESSION?

- Severe depression appears to be associated with a reduction in the chemicals of the brain.
- Antidepressant medication is designed to correct the imbalance of chemical messages between nerve cells (neurons) in the brain.



MORE INFORMATION

[beyondblue fact sheet - Which antidepressant should I take?](#)

[beyondblue fact sheet - What do the common antidepressants treat?](#)

Learn about other treatments for depression and anxiety:

[Coping strategies](http://www.beyondblue.org.au/index.aspx?link_id=1.14) [http://www.beyondblue.org.au/index.aspx?link_id=1.14]

[beyondblue fact sheet - Cognitive and other psychological therapies](#)

[beyondblue fact sheet - Alternative treatments](#)

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