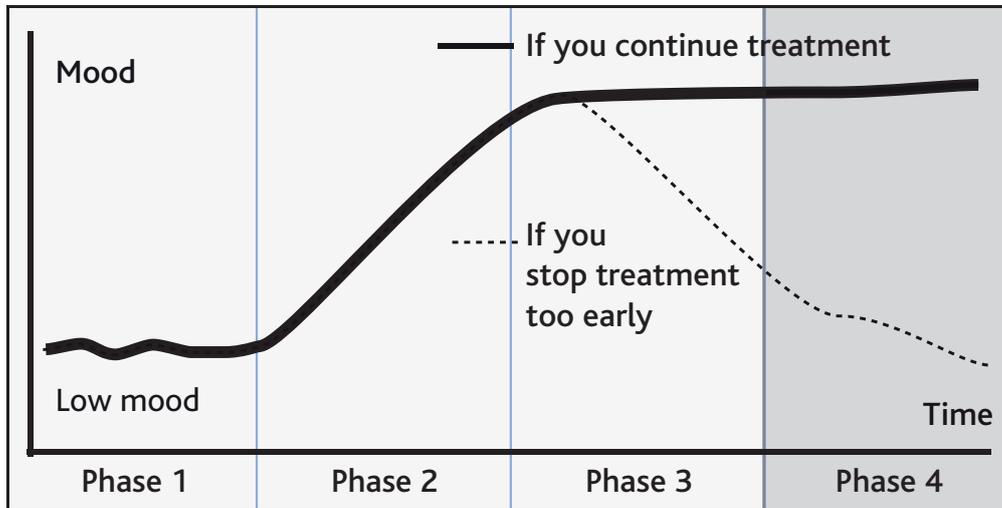
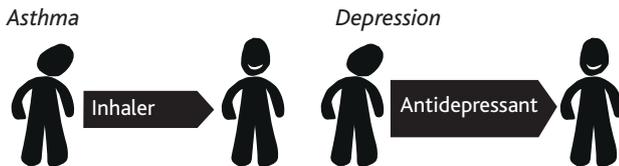


Phases of recovery



Taking prescribed medicines will assist with recovery for many illnesses.



Depression: your medicine

The graph above is an illustration of possible phases of recovery. Depression is a personal and complex condition and everyone will go through an individual journey to recovery. There is no set rule on how long each phase will last and it is best to use all the supports that are available to you, including taking your medicine as advised by your doctor and pharmacist.

Phase 1 *Getting started*

After starting your medicine you will not feel better immediately, as all medicines for depression take some time to work.

In the early stages of treatment, you may experience side effects (see the patient information leaflet for details).

Many side effects (e.g. nausea) disappear after a few weeks of treatment. If you are worried about any side effects, please speak to your pharmacist or doctor who will advise you.

Phase 2 *Turning the corner*

This phase takes place after a few weeks when most people will begin to feel calmer, happier and have more energy. It might be tempting to stop taking your antidepressant at this point, but remember, it is very important to continue with your treatment so that you make a full recovery. Just as with other medicine, it is important to stick with the prescribed course of treatment in order to reach your goal.

Phase 3 *Don't stop*

In order to ensure that your treatment is as effective as possible, please continue taking your antidepressant for the full amount of time agreed upon by yourself and your doctor. If you stop your treatment early, the risk of symptoms returning is greater than if you had kept going with your medicine.

Phase 4: *Feeling good – returning to yourself*

During this final phase of treatment you should feel back to yourself again – you find enjoyment in activities you could not take pleasure in before, you are positive about life, and your worries and fears no longer stand in your way.