**A PAUSE, A PRACTICE, A NEXT STEP**

# Medication Education

Make room for questions about your care.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**Safety comes first**

Antidepressants carry a warning about increased suicidal thoughts and behaviors in some children, teens, and young adults, especially early in treatment or after dose changes. People of all ages need monitoring. Do not assume a new change is harmless or adjust treatment alone.

**Know the purpose**

Ask what the medicine is intended to help, what improvement may look like, and when you should check in. Ask about alternatives and how medication fits with therapy.

## 01 / Notice and reflect

What symptom or goal is this medicine targeting?

## 02 / Notice and reflect

What improvement or unwanted effects have I noticed?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek emergency care for trouble breathing, swelling of the face or throat, a severe rash with illness, overdose, or other potentially life-threatening reactions. New suicidal thoughts, severe agitation, or major behavior changes need prompt human support and clinical assessment.

Read more: NIMH · Mental health medications

More tools and immediate support: Our Healing Room / Crisis Support.