

# DEPRESSETTLING<sup>®</sup>

## Coloring Book

**If you're taking an antidepressant for depression and having symptoms or treatment side effects without speaking up, you may be depressettingling.**

Print out the signs of depressettingling on these pages which speak to your own experience. Grab your favorite art supplies, find a quiet place, and fill them in.

Feel free to share your colored-in picture on social media using #depressettingling

**Learn more about depressettingling at [talkdepressettingling.com](https://talkdepressettingling.com)**

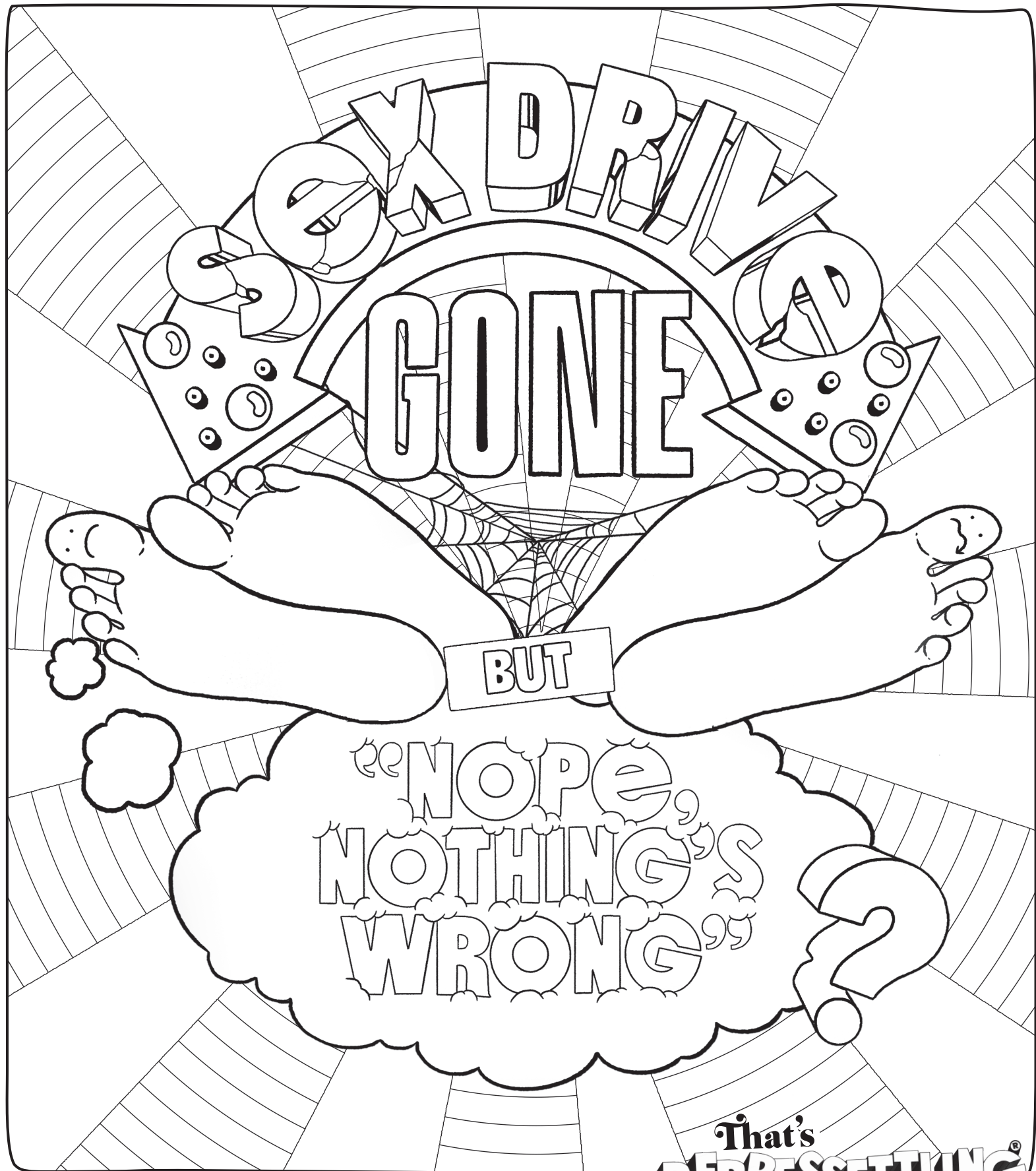




That's  
**DEPRESSETTLING®**

Talking about the depressive symptoms you may still be having while taking an antidepressant can be hard. **But having open, honest conversations with your doctor is an important step toward getting the help you need. And remember, don't stop taking an antidepressant without talking to your doctor first.**

For more info, go to  
**[talkdepressetting.com](http://talkdepressetting.com)**

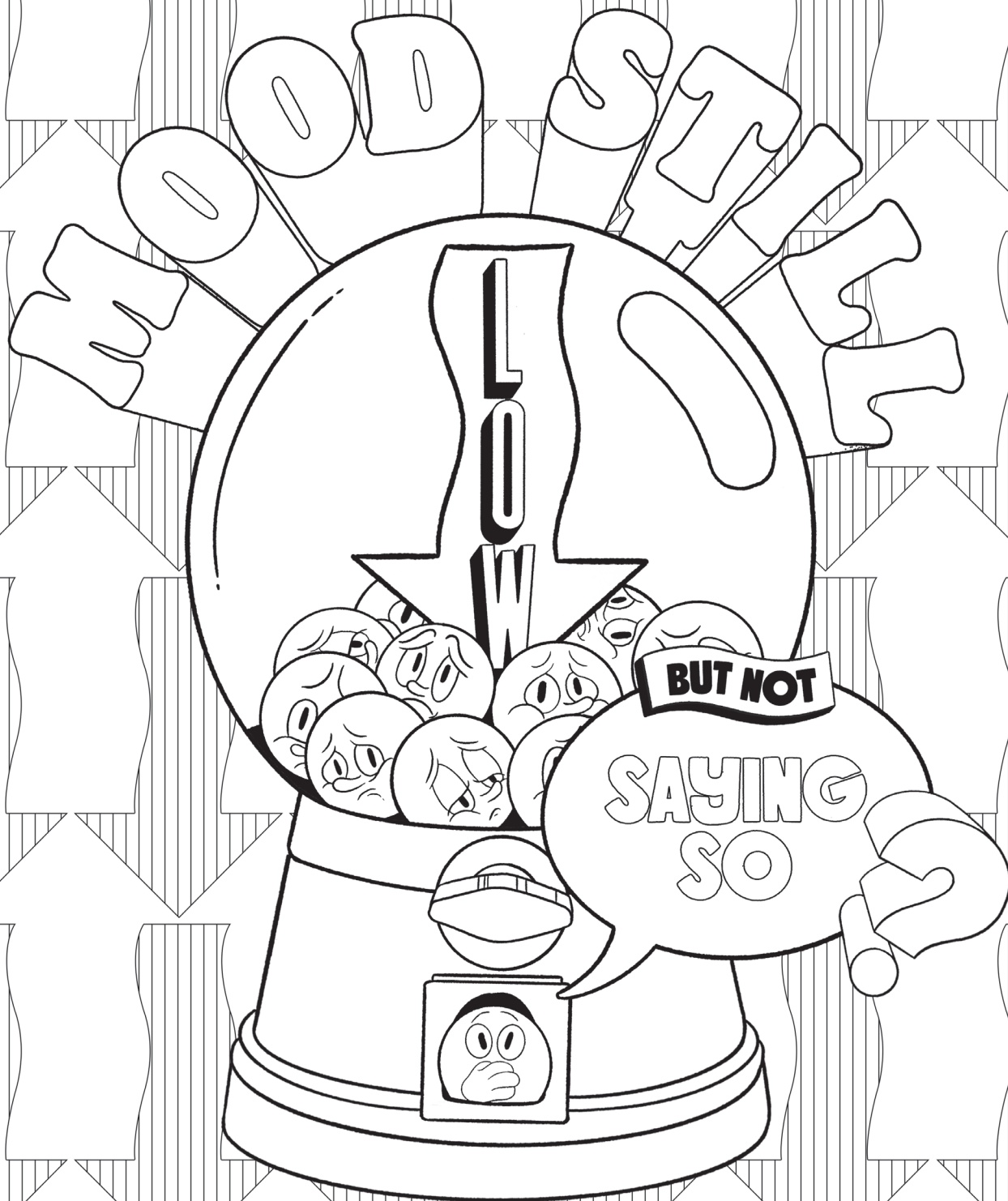


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Antidepressants can help many people with depression. But they may cause common side effects that can include nausea, vomiting, trouble sleeping or sleepiness, diarrhea, weight gain — and yep, sexual problems like a low or absent libido.

While they can be hard to talk about, a crucial part of your treatment is having ongoing conversations with your doctor. And remember, you should not stop taking an antidepressant without talking to your doctor first.


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WEIGHT'S  
CREEPING  
UP

BUT FIND TALKING ABOUT IT

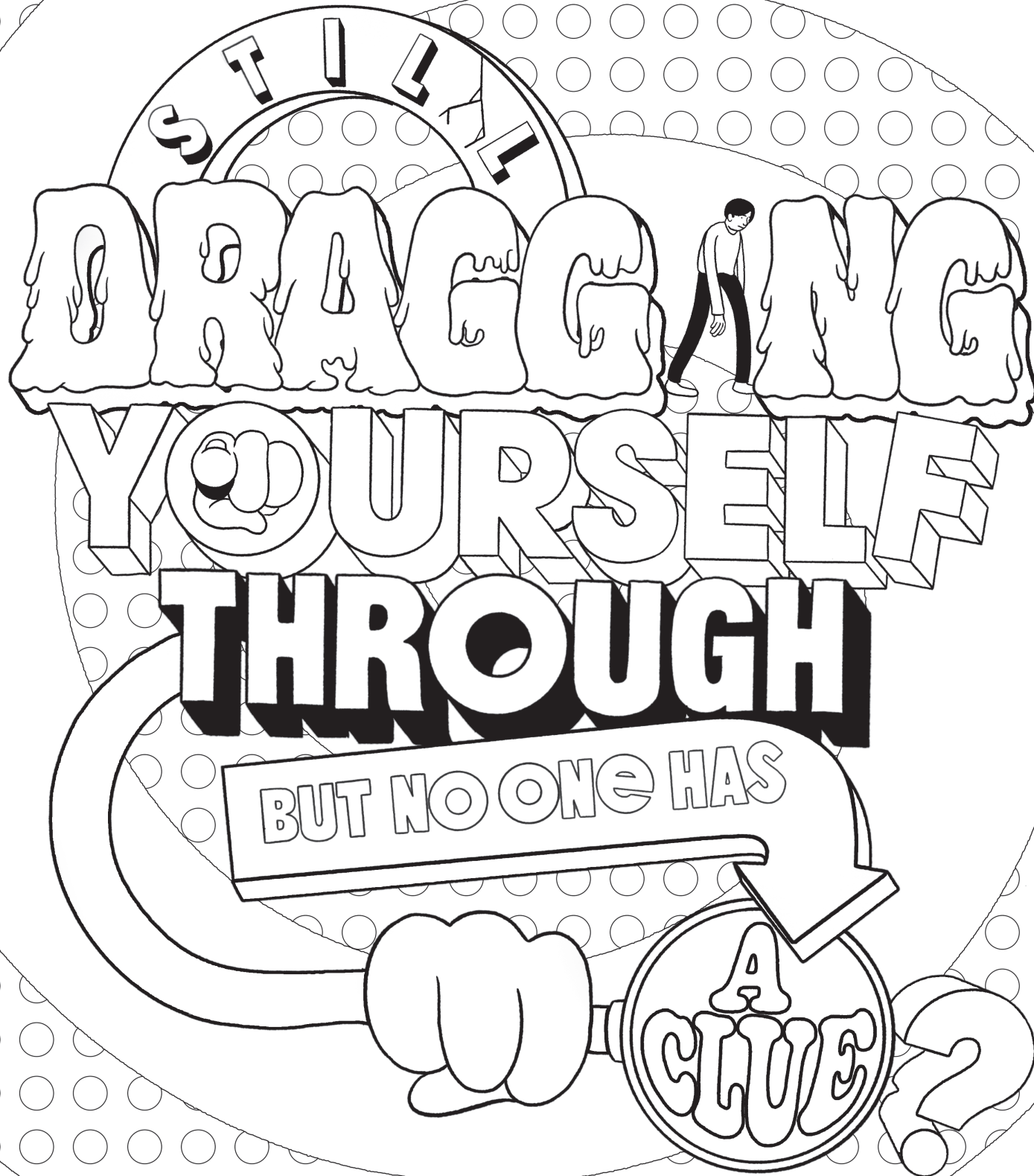
TOUGH?

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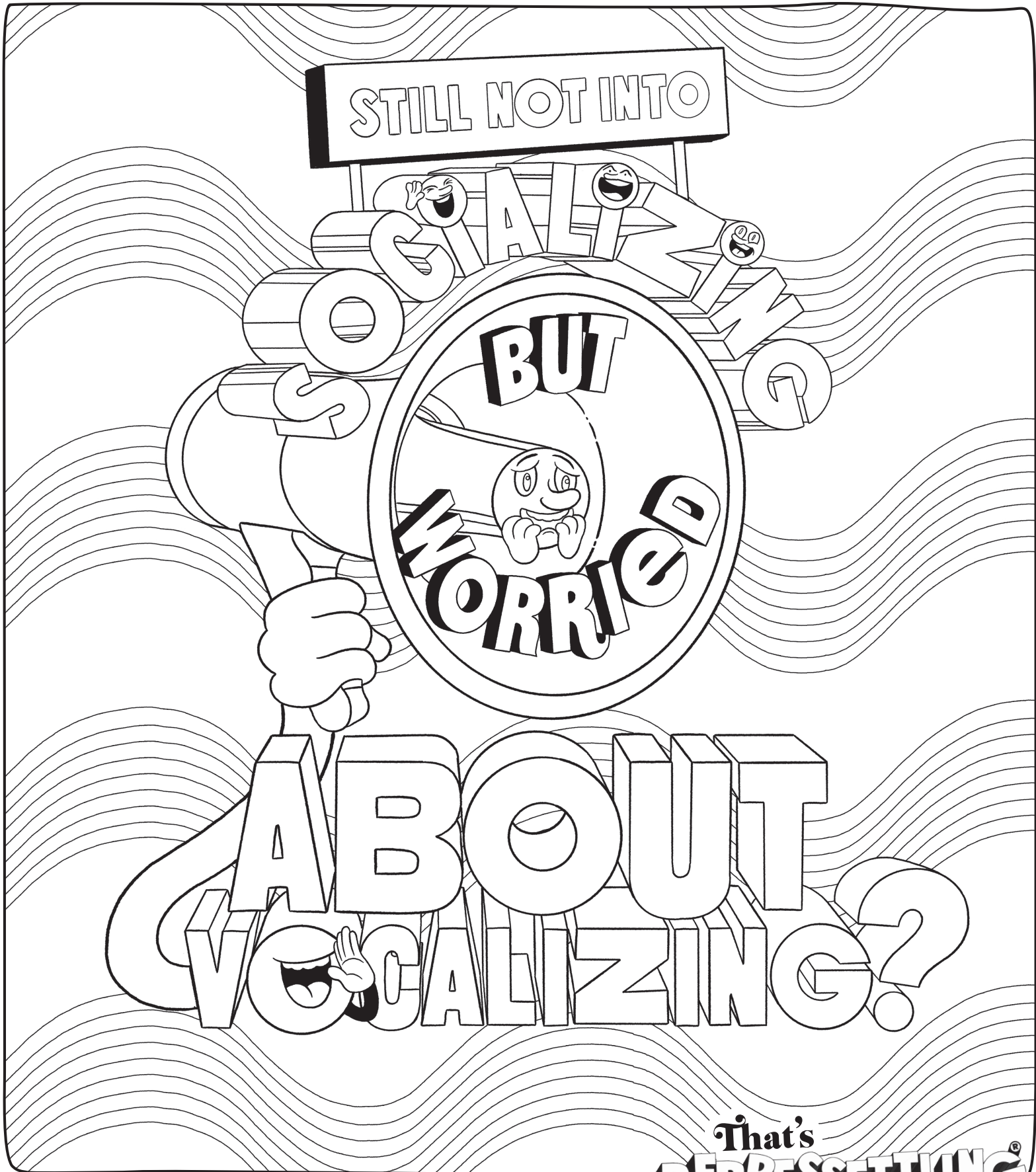
IT TROUBLE  
SLEEPING  
AT NIGHT?  
BUT PRETEND TO BE  
ALRIGHT?

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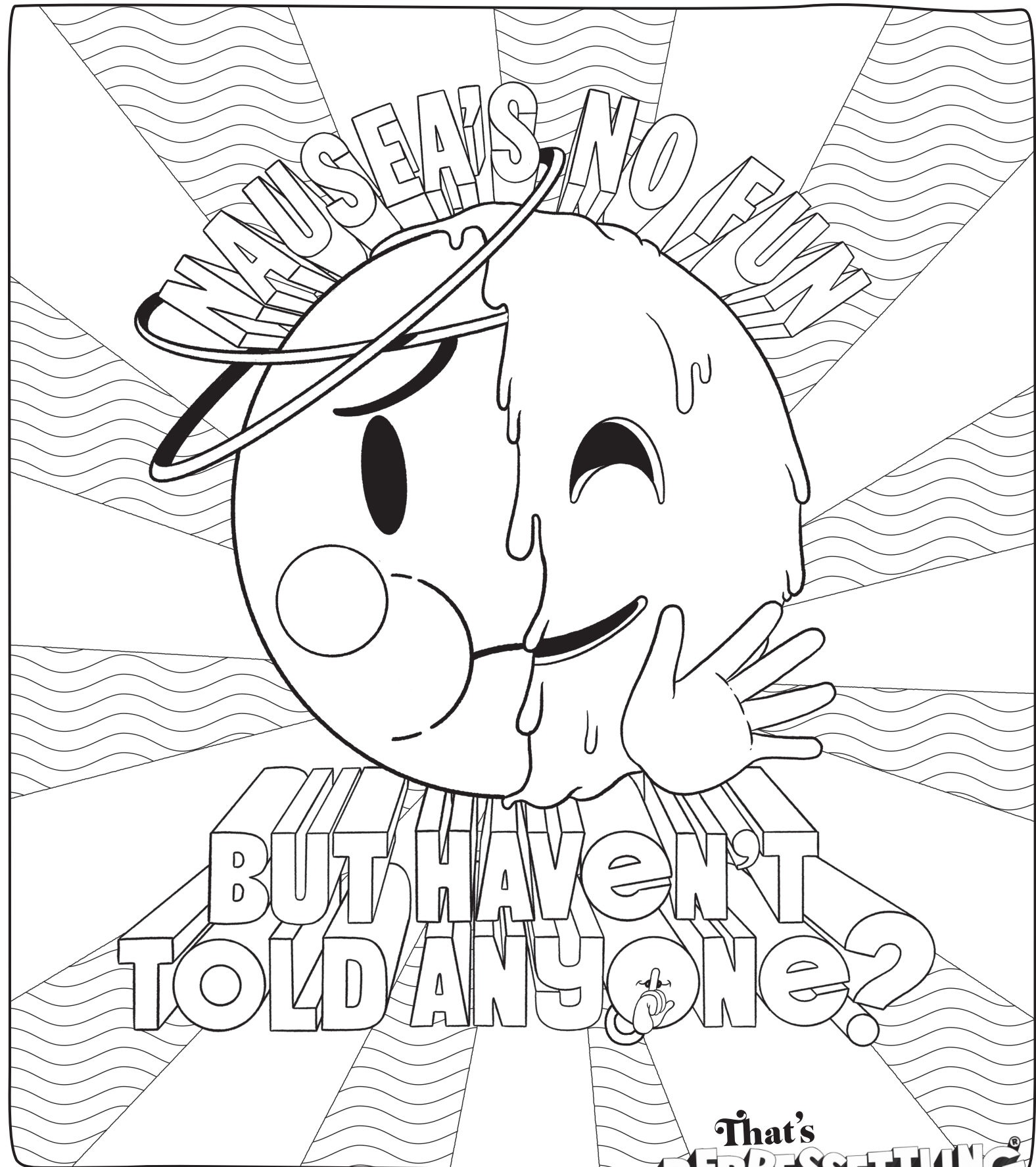
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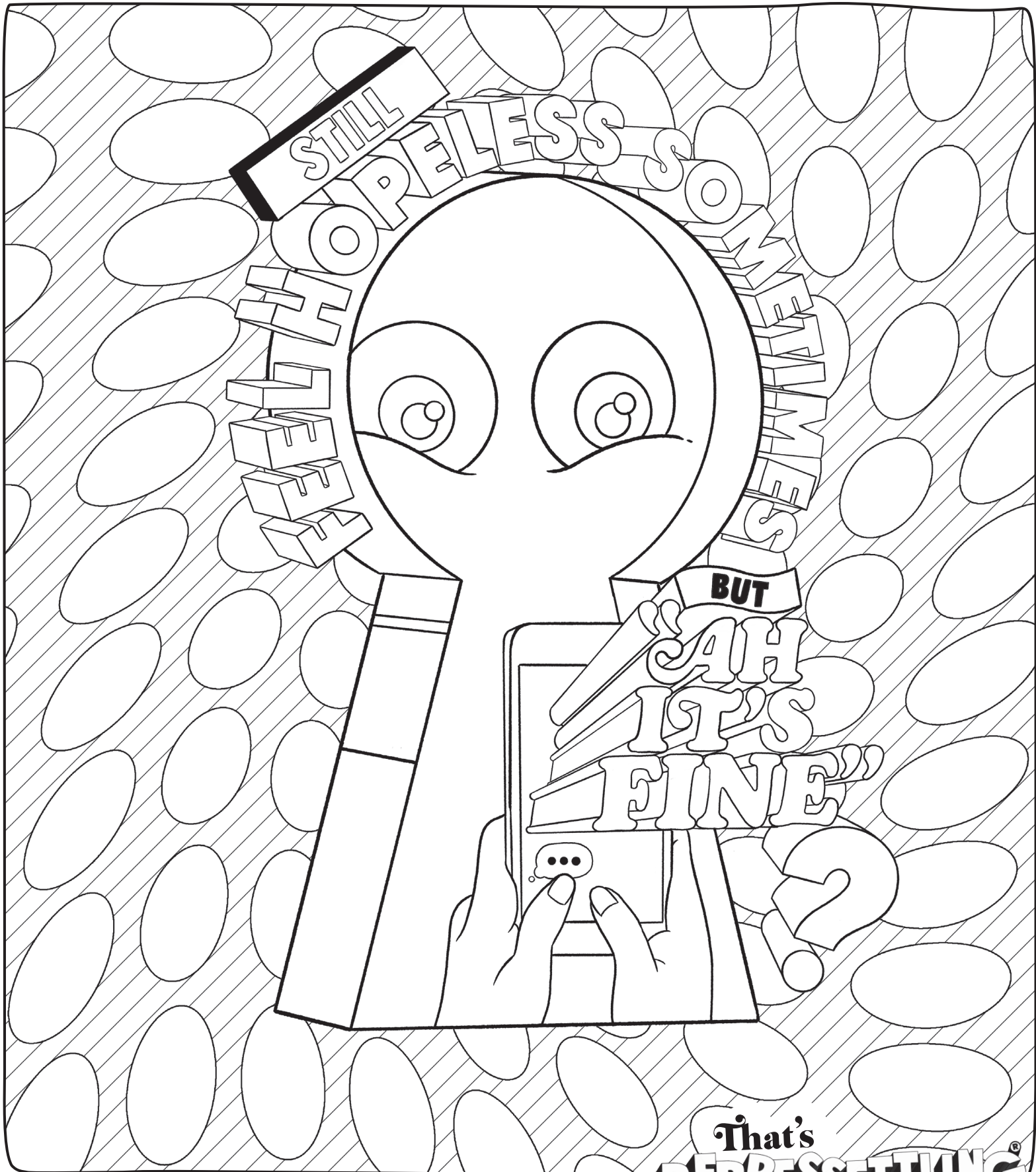


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