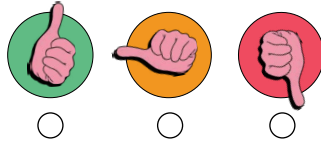


Depressettling. If you're reading this, chances are you get the term. But the truth is, you may not even realize you're doing it. That's because it can be hard to talk with your doctor about depressive symptoms or side effects you may be experiencing while taking an antidepressant.

This guide may help you see what you've been going through with your treatment, to help you open up to your doctor. You can fill it out daily, weekly, or as often as you want to. Save a new version when you need one, and share what you've written during your next conversation with them.

CHAT LIBS

Lately, I'm feeling



The thing is, I'm still having depressive

symptoms like _____

(see the symptom list) →

and that's made it hard to _____

(be as descriptive as you can)

I'm having treatment side effect(s) like

(see the common side effects list) →

and it makes me feel _____

(be as descriptive as you can)

Something else I wanted to talk about is _____

(be as descriptive as you can)

Of the symptoms/side effects I mentioned, what bothers me the most is _____

(symptom/side effect)

and I think that's because _____

(describe how it affected you)

Fill in the blanks to help you open up to your doctor and get the conversation going when you see them. (Answer as many or as few as you like.)

SYMPTOMS YOU MIGHT BE HAVING



Feeling sad or having a low mood



Changes in your appetite – weight loss or gain that's not related to dieting



Loss of interest or pleasure in doing things you used to like



Trouble sleeping or sleeping too much



Loss of energy or feeling more tired



Feeling worthless or guilty



Moving or talking more slowly or, being more restless or fidgety (so much so that others can notice)



Having trouble concentrating, thinking or making decisions



Having thoughts of death or suicide

COMMON SIDE EFFECTS



Nausea



Vomiting



Weight gain



Diarrhea



Sexual problems



Sleep disturbances

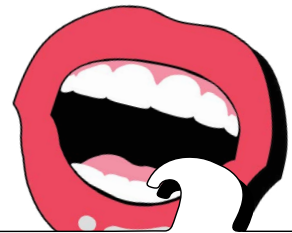
This is not a complete list of side effects. Make sure to note any other side effects you may be experiencing. Do not stop taking your medication without speaking to your doctor first.

QUESTIONS FOR YOUR DOCTOR



Note: This guide isn't intended to be a diagnostic tool or replace your medical care. Please share it with your doctor as it may help them monitor your treatment. Only a doctor can diagnose and treat depression.

If you're having thoughts of suicide, get help immediately by contacting your doctor or calling the National Suicide Prevention Lifeline at [1-800-273-TALK \(8255\)](tel:1-800-273-TALK).



Having honest, ongoing conversations with your doctor about depressive symptoms and antidepressant side effects is an important part of your treatment. And remember, you shouldn't stop taking an antidepressant without talking to your doctor first.



We're committed to helping foster open, ongoing discussions between people with depression and their doctors.

DEPRESSETTLING, AXSOME, and its logos are trademarks or registered trademarks of Axsome Therapeutics, Inc. or its affiliates. Other trademarks are the property of their respective owners.
© 2023 Axsome Therapeutics, Inc. All rights reserved. US-DEP-2100012 04/2023