

QUESTIONS TO ASK...

About Depression

Some women are uncomfortable talking with their doctor about depression. It is important to share your concerns. Your health is important to you and to your baby's health. Knowing what to discuss with your doctor will help you understand depression and how to recover.

Take these questions with you to ask your doctor. Bring a notebook or use the back of this page to take notes or to write down any additional questions you might have.

Questions to Ask Your Doctor

- What is your experience in treating women with depression?
- Based on the symptoms that I've described, do I have depression?
- What kind of depression do I have?
- Can you recommend someone in my community who can counsel or provide talk therapy for my depression?
- Do I need to take medication for my depression?
- What medications are safe for new moms; what if I am pregnant or breastfeeding?
- How effective is the medication?
- What are the common side effects and when will they go away?
- Will people be able to tell that I am taking medication?
- How long does it take for the medication to start working and how do I know that it's working?
- Should I avoid certain foods, alcohol, or other medications?
- What should I do if the medication doesn't work?
- When should I schedule my next visit to check in with you?
- How will I know when to stop taking my medication?