



Are Antidepressants Right For Me?



An educational workshop to help you decide

This workshop is offered several times a semester for students who are considering starting, or already taking anti-depressant or anti-anxiety medications.

Topics We Will Discuss:

- *What is clinical depression?*
- *Why is it worthwhile to treat it?*
- *Are there other ways to treat depression and how should I decide if they are right for me?*
- *What are antidepressant medications and what can I expect from a medication trial?*
- *If I take a medication, how do I work with my provider to get the most out of the treatment?*

Interested?

1. You must be *referred by a UHS provider (CPS, SOS, or Primary care), so first, talk to your clinician.*
2. Then sign up at the reception desk of Counseling and Psychological Services (3rd Floor of the Tang Center)

Dates/Times: Wednesday, October 7, 2009 2:30pm-4:00pm

Location: 1st Floor Tang Center Section Club Room

