



Questions about Medication

This may seem like a no brainer: a physician prescribes medication, you fill the prescription, and you take as directed. But when we're talking about what are called "psychotropic medications", which means the drugs that are used to treat mental health issues like depression and anxiety, it's really important that you know exactly why these particular drugs are the ones that have been chosen for your child, what they are supposed to do, what the side effects are, and how you will be able to tell if they're working. This DOES NOT mean we're saying you should be worried if medication is one of the treatment methods that is recommended for your child! What we are saying is that just like being an educated consumer about talk therapy helps you do a better job supporting your child through this mental health crisis, understanding the reasons for medication choices also empowers you to be the best advocate for your child's needs.

So what questions do you want to have answered?

- **Why are you selecting this particular medication? What is its generic name? If it's effective, what will it do for my child?**
- **How long will it take to work? What are the potential side effects?**
- **How will it interact with other medications, including over the counter, that my child may take?**
- **How will you monitor the medicine's effectiveness?**
- **How long will my child need to take it?**
- **If I am worried about the medication, how can I get in touch with you? How quickly do you respond to phone calls?**

Again, when you ask these questions, WRITE DOWN the answers! You may think the answers sound simple and you'll remember, but trust us, this can get confusing! And if you have concerns, do not hesitate to CALL and ask questions! And keep asking questions until you get answers that make sense to you. Medications can be complicated but they can be an essential part of an effective treatment strategy.