

Managing Medication Side Effects

A guide for teens



Preface

This handbook was developed by Barbara A. Postol, M.S., as a class project in Dr. Mary Margaret Kerr's course, Professional Seminar in School-Based Behavioral Health, at the University of Pittsburgh in the School of Education, 2007. It may not be reproduced or rewritten without written permission from author.

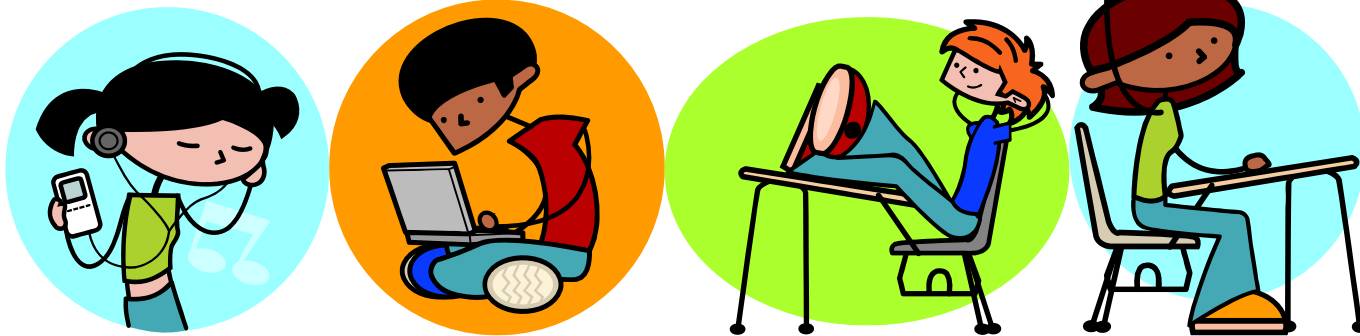
Please note that this booklet is not intended to replace medical advice by a licensed medical practitioner. Any individual using this booklet should consult with his or her medical practitioner with any questions or concerns regarding the use of his or her medication.

Note to reader: Please note that there are two versions of this handbook. The staff version includes the footnote references whereas the tear-out version available to students does not include those references.

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Common Conditions

ADHD, Anxiety & Depression



What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD)

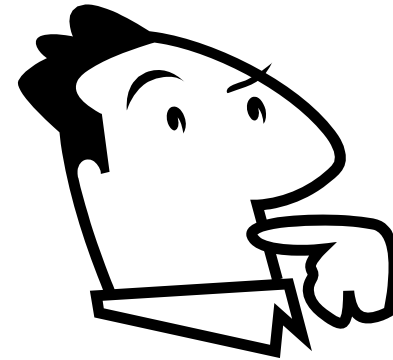
ADHD (or ADD, they are the same thing) is one of the most common things that young kids and teenagers have. Nobody really knows what causes it either, so it isn't your fault that you have it or anything like that. There are different types of ADHD.

Maybe you have trouble sitting still, like in school or when you're riding in the car. You might fidget a lot. You might have trouble doing fun stuff quietly or just feel "restless" like you want to move around. This is what doctors call "Hyperactive".

Maybe that doesn't sound like you? That is because some kids have a different kind of ADHD. They are more "Inattentive", that is like being very forgetful, losing things a lot, having trouble reading and doing homework because it is hard to focus. You might also have lots of trouble organizing things or paying close attention to details (like maybe homework directions).

Some kids who have ADHD are just hyperactive, some just inattentive, but you can also have both types, like trouble sitting still *and* paying attention. Don't worry, the medicines help with all the types of ADHD!

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Did you know?

ADHD is common. In a classroom of 25 kids at least one student (but probably more) will have ADHD. You're not the only one for sure! 3

That's why taking your medicine is important, it helps you deal with the "symptoms" listed to the left. You'll be able to concentrate on your work and not have to be reminded of stuff over and over again.

What is Anxiety?

Anxiety

There are lots of different "Anxiety Disorders" as doctors call them, that young people get. They are pretty common and last longer than just a day. Here are a few and how they might make you feel:

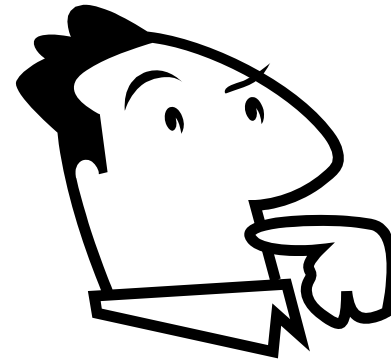
Generalized Anxiety- means that you worry a lot about things, more than your friends. Things like being on time, how good you are at sports, or very worried about how you do at school. You might get a lot of stomach aches or headaches, too.

Separation Anxiety- this is really common, 1 in 25 kids get this. This means you get really worried about your parents or have trouble spending the night away from home.

Panic Disorder- You might get panic attacks with this, which can be scary. When you have a panic attack you might sweat, feel dizzy or like you will pass out, your heart might beat very fast and other things. They are really scary and not "in your imagination".

Obsessive Compulsive Disorder - Sometimes it is called "OCD", this is where you think or worry about things a lot or have to keep doing the same thing over and over again (like count things, or have to check locks). Quite a few kids get this, in a group of 100 kids; about 2 kids will have OCD.

Phobias - When you have a phobia, you're really scared of something (like heights or water) you are probably a lot more afraid of it than your friends are. If you have to be around something that bothers you, you get very scared.



Did you know?

Anxiety disorders are common. About 13 out of 100 kids have some kind of an anxiety disorder. That is over 10%!¹

That's why taking your medicine is important, it helps you deal with the "symptoms" (listed to the left) better. It might take time, but you will get through it!

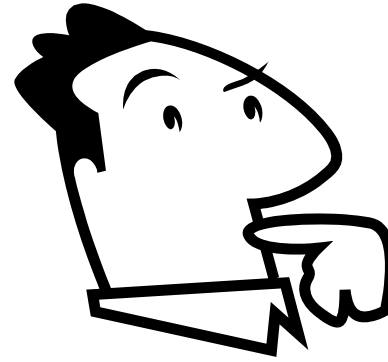
What is Depression?

There are different types of **Depression**. Depression is very common in young people (for all ages really). Depression is more than just feeling sad for a day. Depression is an illness that you get help for like any other illness, -strep throat or a cough- so that you can feel better. It isn't your fault and you didn't do anything wrong to get it.

Major Depression: Depression is like feeling sad, only worse. It lasts a lot longer, like over 2 weeks and there may or may not be a reason you feel that way. It happens to a lot of people for all sorts of different reasons or none at all. You might feel really tired, sad, or not interested in things you used to enjoy -like hanging out with your friends. You might have trouble sleeping, like staying asleep or falling asleep. You might also eat too much or you might not even feel like eating at all. When you're depressed a few of these things happen at the same time and last for 2 weeks or more. A different kind of depression called **Dysthymia** makes you feel bad for a long time but isn't quite as tough as a major depression. You might have problems with sleep or feeling bad for a few years before you realize with this.

Bipolar Depression: Having bipolar depression is sort of like having depression. It has all of the same symptoms for depression (above) but you also have "mood swings", like you feel really grumpy then really great. You might feel you are thinking really fast or don't feel like you need sleep. You might feel like you can do anything in the world for no good reason. Sometimes people spend too much money when they are feeling this way. Lots of people also talk really fast.

Winters in Pittsburgh can be gloomy and long! Did you know that some people get depressed at certain times of the year, like in the fall and winter? This is called **Seasonal Affective Disorder**.



Did you know?

Just like colds and the flu, depression is common. At least 1 out of every 8 teenagers might be feeling depressed.²

Taking your medicine is important; it helps you deal with the "symptoms" (listed to the left). It might take a while to feel better. Always tell your doctor how you're feeling; sometimes talking can help you feel better, too. Don't GIVE UP if you don't think your medicine is helping, SPEAK UP! There are tons of different medicines and all kinds of other things that you and your doctor can try to *help you feel better*. And you WILL!

Common Medications

Abilify
Adderall
Benadryl
Celexa
Clonidine
Concerta
Cymbalta

Depakote
Dexadrine
Dextrostat
Focalin,
Cogentin
Lexapro
Lithium Carbonate

Loratadine
Metadate
Prozac
Remeron
Risperdal
Ritalin
Seroquel

Strattera
Trazadone
Wellbutrin
Zoloff
Zyprexa





How does it help me?

Abilify helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help with:

* Trouble thinking clearly all the time, or maybe worrying about what other people think about you.

* Stuff might bother you that other people do not notice, like something that you hear or see.

* It might be hard for you to make decisions or you might have trouble with your feelings like getting angry.

* Maybe you worry or think about things a lot.

What is a side effect?

That is something “extra” you get with medicine sometimes that you don’t really want. It is pretty normal and usually goes away when your body gets used to the medicine. Abilify has some side effects.

You might get a headache from it.

It might make you feel “anxious”, that is like hard to sit still or a little nervous.

Abilify might make you feel extra hungry, too.



So what can I do?

Ask your doctor if you can take an Advil® or Tylenol® for your headache. Don’t drink stuff with lots of caffeine, like pop; try to have water or iced tea instead to help with headaches.

Tell your doctor if you feel “anxious” from your medicine. If you take a short walk or other light exercise it might make that feeling a little better. Also, don’t drink too much stuff with caffeine.

Abilify might make you hungry, so try to eat things that are good for you and not too high in calories so you don’t gain too much weight. Try to avoid eating lots of fried or “prepared” and fast foods –like McDonald’s®. Prepared foods are foods you get that are already made and have lots of calories and fat. Instead try to eat things that are freshly made, like a sandwich and some soup or salad. Also try to eat a piece of fruit or vegetable with your meals. Make sure to drink lots of water!

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill.

Abilify takes a while to work, maybe a month. So don’t give up if you do not start to feel better right away, it just takes time. Be sure to tell your doctor how you think it might be helping or if you don’t think there’s been a change.

Adderall®



How does it help me?

Adderall helps in lots of different ways.

It will help make it easier for you to sit through class without moving around in your seat as much. The same with riding in a car or on the bus –you won't squirm around as much.

It helps you stick with things better– like your homework or reading a book so that little things don't take your mind off of what you are doing and you will be able to finish.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Adderall has some side effects. You might feel a little sick to your stomach from it or it can make your mouth feel dry.

It might give you a headache or maybe you'll have some trouble sleeping.

You might not be as hungry as usual if you take Adderall.



So what can I do?

If Adderall makes your stomach feel bad, try to eat something with it. It is a good idea to take it with food. If you take Adderall XR (that means you just take one pill in the morning), have a good breakfast with it! Breakfast is important. It is like putting gas in a car, it gives you energy for the day.

If it makes your mouth feel dry, suck on some hard candy or ice. Look for candy that is sugarless. Sugar is bad for your teeth if you can't brush them right away and you don't want a cavity!

Do you think it is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, like earlier in the day or not as close to bedtime. Also try to avoid drinks with caffeine later in the day (like pop or energy drinks). Sometimes exercise makes it easier to sleep, try to take a short walk if you can after school.

If you don't feel hungry, eat your meals *before* you take your pill. See if you can eat breakfast *first* and *then* take your pill. You could try the same after school; have your dinner and then your pill. Later in the evening you might even want a snack.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you've been feeling. Has it been better at school? How has it been doing homework? Let your doctor know how things are going with you.

Benedryl®



How does it help me?

Benedryl helps with allergies, like when your nose runs, you sneeze a lot or your eyes get itchy.

You might get allergies in the spring, but some people get them any time of the year.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Benedryl has some side effects.

You might feel very sleepy.

It might make your eyes or mouth feel dry.



So what can I do?

If Benedryl makes you feel sleepy, try to drink a lot of water or take a quick walk outside. You can also ask your doctor if you could take an allergy pill (like Claritin®) for you allergies, this does not make you feel sleepy but helps with runny noses and sneezing. That might help you so you are not as tired at school.

Try some sugarless gum or candy for a dry mouth and eye drops can help if your eyes feel dry.

If your Benedryl makes you too tired, don't be afraid to ask your doctor if there are other allergy pills you can try.

Benedryl can also make some people feel really "hyper", that is like having a lot of energy. This mostly happens with younger kids, but that is normal if you feel that way after taking one, too!



How does it help me?

Celexa helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help to make better:

- * If you are feeling really sad, or always bored, it helps you to start to feel better like you used to.
- * Maybe you worry or think about things a lot, it can help you relax.

Celexa takes a while to work for some people and it is important to not stop taking it without your doctor's help. That can make you feel really bad.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Celexa has some side effects. You might feel a little sick to your stomach from it or have trouble going to the bathroom or go too much (like diarrhea). It might make you sleepy in the day or keep you awake at night.



So what can I do?

If Celexa makes your stomach feel bad, see if it is OK to eat something with it. If you take your pill in the morning, have it right before you breakfast. If you take it at night eat a little with it, like maybe a sandwich.

Taking your pill with meals may also help make it easier to go to the bathroom and helps with diarrhea, too. Food in your stomach makes the medicine work slower while still doing its job, which is why it helps! Also drink a glass of water! That helps.

Is it making you feel tired in the day? Do you think it is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, either first thing in the morning if you have trouble falling asleep or right before bed if it makes you feel sleepy. That should help you get rest and not be sleepy!

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill but if you stop taking Celexa without your doctor's help, you can feel pretty bad! Tell your doctor how you've been feeling, Happier? More relaxed? No change? Also let your doctor know *right away* if you are feeling sadder than you did before. Doctors can do lots of things to help

Claritin® (Loratadine)



How does it help me?

Claritin helps with allergies, like when your nose runs, you sneeze a lot or your eyes get itchy.

You might get allergies in the spring, but some people get them any time of the year.

What is a side effect?

That is something “extra” you get with medicine sometimes that you don’t really want. It is pretty normal and usually goes away when your body gets used to the medicine.

Claritin has some side effects.

It might give you a headache.

So what can I do?

If Claritin gives you a headache, ask your doctor if it is OK to take an Advil® or Tylenol® for it.

Also, drinking lots of water helps some people get rid of a headache, or stops them from even happening!



Clonidine



How does it help me?

Clonidine is used for lots of different things, some people take it because their blood pressure might have started to get high and this medicine helps to lower it again.

It helps with other things, too.

You might take it if you have been having trouble paying attention in school or sitting still and things like that.



What is a side effect?

That is something “extra” you get with medicine sometimes that you don’t really want. It is pretty normal and usually goes away when your body gets used to the medicine.

Clonidine has some side effects.

There are Clonidine pills and a “patch” – that is like a sticky band aid that you put on your skin with the medicine in it.

It might make you feel a little sleepy.

It might make your mouth dry.

If you use the patch, it might make a rash on your skin that gets itchy or red.

So what can I do?

If Clonidine makes you sleepy, ask your doctor if you can take it at night.

Ice chips or sugarless gum can help with a dry mouth.

Also, drinking lots of water helps some people get rid of a headache, or stops them from even happening!

If you move your patch to a different spot, that should help stop the rash.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill or using your patch.

Do not stop taking your medicine without your doctor’s help; it can make you feel really bad if you stop all of the sudden!

Concerta®



How does it help me?

Is it hard to sit still in your seat at school or when you're watching TV at home? Do other things take your mind off what you are doing?

Concerta can help you with these kinds of things, like listening to your teacher better or maybe you won't have to wiggle around in your seat as much.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when you keep taking your medicine.

Concerta has some side effects. You might have some trouble falling asleep at night or it might give you a stomach ache.

You might not feel that hungry when you take Concerta or it could give you a headache. But don't worry, you can do stuff to help with these things!



So what can I do?

If you can't go to sleep at bedtime, tell your doctor that it might help if you can take your pill earlier, like if you usually take it at 9 a.m. see if 7 a.m. is OK. Don't drink as much stuff with caffeine, like pop. If you're thirsty maybe try water a few times instead. Less caffeine and more water also helps with headaches.

Don't feel so hungry? See if you can eat your breakfast *first* and then take your medicine. Try to eat a piece of fruit with your breakfast, too. It is very good for your body!

If Concerta gives you a stomach ache make sure you eat something with it. You probably take your pill in the morning, so don't skip breakfast!

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you think your medicine helps you, like maybe you got a good grade or don't daydream as much. If you think you have any side effects, let your doctor know that, too.

You can help your doctor!

Cogentin®



How does it help me?

Cogentin helps with lots of different things. You might take it to help with the way your other medicine makes you feel, maybe you also take Geodon, Zyprexa or Risperdal and they make you feel sluggish or tired feeling. Cogentin helps with that "slowed down" feeling.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine.

Cogentin has some side effects.

You might get a rash.

It might make you overheat more in hot weather.

It might make it harder to pee.

You might get a dry mouth.

So what can I do?

You should tell your doctor about this to see what you can use. You can buy stuff to use in a bath that helps a rash feel better, or buy a special lotion in a drugstore. Don't be afraid to ask the pharmacist either! They know all about medicine. Try to keep your rash clean and dry.

Don't spend a lot of time running around outside if it is very hot out so you do not become overheated. It is also important to drink LOTS of fluids, like water or Gatorade®. If you are sweating that means you need even MORE fluids!

Tell your doctor if you can't go to the bathroom easily, if you drink more water or other drinks it might make it easier.

Sucking on ice cubes or chewing sugarless gum helps with a dry mouth.

Another good tip is to take your Cogentin at the same time each day!



REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill.

Be sure to tell your doctor how you think it might be helping or if you don't think there's been a change. Do not stop taking this medicine without your doctor's help because that could make you feel very bad!

Cymbalta®



How does it help me?

Cymbalta helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help make better:

- * If you are feeling really sad, or always bored, it helps you to start to feel better like you used to.
- * You might feel really tired.
- * Maybe you worry or think about things a lot, it can help you relax.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Cymbalta has some side effects. You might feel a little sick to your stomach from it or have trouble going to the bathroom or go too much (like diarrhea). It might make you sleepy in the day or keep you awake at night. It could give you a headache.



So what can I do?

If Cymbalta makes your stomach feel bad, see if it is OK to eat something with it. If you take your pill in the morning, have it right before your breakfast. If you take it at night eat a little with it, like maybe a sandwich.

Drink lots of water and eat more fruit to help go to the bathroom easier. If you get diarrhea eat some yogurt to help with that.

Is it making you feel tired in the day? Do you think it is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, either first thing in the morning if you have trouble falling asleep or right before bed if it makes you feel sleepy. That should help you get rest and not be sleepy!

Ask your doctor if you can take Tylenol® or Advil® for a headache.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill but if you stop taking Cymbalta without your doctor's help, you can feel pretty bad! Tell your doctor how you've been feeling, Happier? More relaxed? No change? Also let your doctor know *right away* if you are feeling sadder than you did before. Doctors can do lots of things to help

Depakote®



How does it help me?

Depakote helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help make better:

* If you are feeling really angry a lot or maybe sometimes talk very fast and don't have to sleep much, Depakote can help with that.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Depakote has some side effects.

You might feel a little sick to your stomach from it.

It might make you sleepy.

It can make you feel shaky.



So what can I do?

If Depakote makes your stomach feel bad, see if it is OK to eat something with it. If it still bothers you ask your doctor if you can split your pill in half and take each half at different times (so it isn't as "strong" and bothering your stomach).

If you feel very sleepy, see if you can take it at night before bed. Ask your doctor!

If you feel shaky, tell you doctor so they can help you with this side effect.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you've been feeling, Happier? More relaxed? No change?

Some other good tips for your medicine are to drink lots of water when you take Depakote and do not crush or chew your pills. They work better when you swallow them that way.

Dexadrine



How does it help me?

Dexadrine helps with lots of different ways.

It will help make it easier for you to sit through class without moving around in your seat as much. The same with riding in a car or on the bus –you won't squirm around as much.

It helps you stick with things better—like your homework or reading a book so that little things don't take your mind off of what you are doing and you will be able to finish.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine.

Dexadrine has some side effects. You might feel a little sick to your stomach from it or it can make your mouth feel dry.

It might give you a headache or maybe have some trouble sleeping.

You might not be as hungry as usual if you take Dexadrine.



So what can I do?

If Dexadrine makes your stomach feel bad, try to eat something with it. It is a good idea to take it with food. Try to avoid eating foods with lots of acid like oranges or orange juice.

If it makes your mouth feel dry, suck on some hard candy or ice. Look for candy that is sugarless, sugar is bad for your teeth if you can't brush them right away, you don't want a cavity!

Do you think it is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, like earlier in the day or not as close to bedtime. Also try to avoid drinks with caffeine later in the day (like pop or energy drinks).

If you don't feel hungry, eat your meals *before* you take your pill. See if you can eat breakfast *first* and *then* take your pill. You could try the same after school; have your dinner and then your pill. Later in the evening you might even want a snack.

Ask your doctor if you can take a Tylenol® or Advil® if it gives you a headache.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you've been feeling. Has it been better at school? How has it been doing homework? Let your doctor know how things are going with you.

Dextrostat®



How does it help me?

Dextrostat helps in lots of different ways.

It will help make it easier for you to sit through class without moving around in your seat as much, same with riding in a car or on the bus –you won't squirm around as much.

It helps you stick with things better—like your homework or reading a book so that little things don't take your mind off of what you are doing and you will be able to finish.

You might even take it to help get better sleep.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Dextrostat has some side effects.

You might feel a little sleepy from it or dizzy.



So what can I do?

If it makes you sleepy or dizzy, try to avoid drinking too much caffeine, like in coffee tea and pop. This makes those side effects worse.

Another good tip is **not** to take your medicine with any kind of fruit juice (like orange juice), the medicine doesn't work as well with a juice drink.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill.

Tell your doctor how you've been feeling. Has it been better at school? How has it been doing homework? Let your doctor know how things are going with you.

Focalin® Focalin®XR



How does it help me?

Focalin helps in lots of different ways.

It will help make it easier for you to sit through class without moving around in your seat as much. The same with riding in a car or on the bus –you won't squirm around as much.

It helps you stick with things better—like your homework or reading a book so that little things don't take your mind off of what you are doing and you will be able to finish.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Focalin has some side effects.

It might give you a headache.

You might not be as hungry as usual if you take Focalin.



So what can I do?

Do you think your Focalin is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, like earlier in the day or not as close to bedtime. Also try to avoid drinks with caffeine later in the day (like pop or energy drinks). Sometimes exercise makes it easier to sleep, try to take a short walk if you can after school.

If you don't feel hungry, eat your meals *before* you take your pill. See if you can eat breakfast *first* and *then* take your pill. You could try the same after school; have your dinner and then your pill. Later in the evening you might even want a snack.

Ask your doctor if you can take an Advil® or Tylenol® for your headache.

Also drink lots of water all day when you take Focalin and try not to eat meals that are "fatty" like greasy pizza or things like that.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you've been feeling. Has it been better at school? How has it been doing homework? Let your doctor know how things are going with you.

Geodon[®]



How does it help me?

Geodon helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help with:

- * If you have trouble thinking clearly all the time. Or maybe you worry about what other people think about you.
- * Stuff might bother you that other people do not notice, like something you hear or see.
- * It might be hard for you to make decisions or you might have trouble with your feelings like getting angry.
- * Maybe you worry or think about things a lot.
- * You might take this if you get "tics" – sometimes that is like a sound or movement you can't help but do.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Geodon has some side effects.

You might feel sleepy.

It might give you a headache.



So what can I do?

If it makes you very sleepy, tell your doctor. You might be able to take it at a different time (like at night). Exercise helps when you feel sleepy sometimes. Be careful if you drive until you are used to the medicine.

If it gives you a headache, ask your doctor if it is OK to take a Tylenol[®] or Advil[®], you should also ask your doctor about any other "over the counter" medicines (like the stuff you buy at the drugstore).

It also helps to drink lots of water when you take Geodon, but try to not drink stuff with a lot of caffeine. Another drink to skip is Grapefruit juice when you take Geodon (but not too many people like that one anyhow!)

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill.

Geodon takes a while to work, maybe a few weeks. So don't give up if you do not start to feel better right away, it just takes time. Be sure to tell your doctor how you think it might be helping or if you don't think there's been a change.



How does it help me?

Lexapro helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help make better:

* If you are feeling really sad, or always bored, it helps you to start to feel better like you used to.

* Maybe you worry or think about things a lot, it can help you relax.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Lexapro has some side effects.

You might feel a little sick to your stomach from it or have diarrhea.

It might keep you awake at night.



So what can I do?

If Lexapro makes your stomach feel bad, see if it is OK to eat something with it. If you take your pill in the morning, have it right before your breakfast.

Taking your pill with meals may also help with diarrhea, too. Food in your stomach makes the medicine work slower while still doing its job, which is why it helps! Good foods to try are: Apples, brown bread and yogurt.

Do you think it is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, like earlier in the day.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill but if you stop taking Lexapro without your doctor's help, you can feel pretty bad! Tell your doctor how you've been feeling, Happier? More relaxed? No change? Also let your doctor know *right away* if you are feeling sadder than you did before. Doctors can do lots of things to help

Lithium Carbonate (or Eskalith®)



How does it help me?

Lithium helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help make better:

* If you are feeling really angry sometimes or really, really good sometimes it can help even out your feelings.

* Maybe you take it so you can control your feelings better, like getting angry less often.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Lithium has some side effects.

You might feel a little sick to your stomach from it or have diarrhea.

You might not be too hungry.

It might make you sleepy.



So what can I do?

If Lithium or Eskalith makes your stomach feel bad, see if it is OK to eat something with it. If you take your pill in the morning, have it right before your breakfast. If you take it at night eat a little with it.

Taking your pill with meals may also help Good foods to try are: Apples, brown bread or cereals Also drink a glass of water or Gatorade® with it.

Is it making you feel tired in the day? Tell your doctor. You might be able to take it at a different time like right before bed if it makes you feel sleepy.

If you do not feel hungry, tell you doctor and ask if you can take your pill *after* you eat.

It is also important to AVOID CAFFIENE with this medicine!

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you've been feeling, Happier? More relaxed? No change?

Metadate[®] or Metadate[®] CD



How does it help me?

Metadate and Metadate CD helps in lots of different ways.

It will help make it easier for you to sit through class without moving around in your seat as much, same with riding in a car or on the bus – you won't squirm around as much.

It helps you stick with things better—like your homework or reading a book so that little things don't take your mind off of what you are doing and you will be able to finish.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine.

Metadate and Metadate CD have some side effects.

You might not be as hungry as usual if you take Metadate or Metadate CD.

It might also make it hard to sleep or make your stomach hurt a little.



So what can I do?

Do you think your Metadate or Metadate CD is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, like earlier in the day or not as close to bedtime. Also try to avoid drinks with caffeine later in the day (like pop or energy drinks). Sometimes exercise makes it easier to sleep, try to take a short walk if you can after school. Have a glass of milk before you go to bed.

If you don't feel hungry, try to eat smaller meals throughout the day rather than just wait for lunch or dinner if you can. You probably take your Metadate before breakfast so don't wait too long to eat after. If it hurts your stomach, take it with a small meal, like a sandwich. Don't eat foods that are real "fatty" with Metadate or Metadate CD. This is stuff that is fried or has lots of oil (like bacon or sausages at breakfast time or hamburgers at lunch).

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you've been feeling. Has it been better at school? How has it been doing homework? Let your doctor know how things are going with you.



How does it help me?

Prozac helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help make better:

* If you are feeling really sad, or always bored, it helps you to start to feel better like you used to.

* Maybe you worry or think about things a lot, it can help you relax.

What is a side effect?

That is something “extra” you get with medicine sometimes that you don’t really want. It is pretty normal and usually goes away when your body gets used to the medicine. Prozac has some side effects. You might feel a little sick to your stomach from it or have trouble going to the bathroom or go too much (like diarrhea). It might make you sleepy in the day or keep you awake at night. You might even feel a little dizzy.



So what can I do?

If Prozac makes your stomach feel bad, see if it is OK to eat something with it. If you take your pill in the morning, have it right before your breakfast. If you take it at night eat a little with it, like maybe a banana or a slice of toast or drink a glass of milk.

Taking your pill with meals may also help make it easier to go to the bathroom and helps with diarrhea, too. Food in your stomach makes the medicine work slower while still doing its job, which is why it helps! Good foods to try are: Apples, brown bread or cereals that say “whole grains” on the box. Also drink a glass of water! That helps.

Is it making you feel tired in the day? Do you think it is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, either first thing in the morning if you have trouble falling asleep or right before bed if it makes you feel sleepy. That should help you get rest and not be sleepy!

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill but if you stop taking Prozac without your doctor’s help, you can feel pretty bad! Tell your doctor how you’ve been feeling, Happier? More relaxed? No change? Also let your doctor know *right away* if you are feeling sadder than you did before. Doctors can do lots of things to help.

Risperdal®



How does it help me?

Risperdal helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help with:

- * If you have trouble thinking clearly all the time. Or maybe worry about what other people think about you.
- * Stuff might bother you that other people do not notice, like something you hear or see.
- * It might be hard for you to make decisions or you might have trouble with your feelings like getting angry.
- * Maybe you worry or think about things a lot.

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What is a side effect?

That is something “extra” you get with medicine sometimes that you don’t really want. It is pretty normal and usually goes away when your body gets used to the medicine. Risperdal has some side effects.

You might feel really tired or sleepy from it or the opposite; you might have trouble falling asleep.

It might make you feel “anxious”, that is like hard to sit still or a little nervous.

Risperdal might make you feel extra hungry, too.



So what can I do?

Is it making you feel tired in the day? Do you think it is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, either first thing in the morning if you have trouble falling asleep or right before bed if it makes you feel sleepy.

Tell your doctor if you feel “anxious” from your medicine. If you take a short walk or other light exercise it might make that feeling a little better. Also, don’t drink too much stuff with caffeine (like pop).

Risperdal might make you hungry, so try to eat things that are good for you and not too high in calories so you don’t gain too much weight. Try to avoid eating lots of fried or “prepared” (stuff you get that is already made and has lots of calories and fat) or fast foods like McDonald’s®. Instead try to eat things that are freshly made, like spaghetti with salad or eat a turkey sandwich. Also try to eat a piece of fruit or vegetable with your meals.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill.

Risperdal takes a while to work, maybe a month. So don’t give up if you do not start to feel better right away, it just takes time. Be sure to tell you doctor how you think it might be helping or if you don’t think there’s been a change.



How does it help me?

Is it hard to sit still in your seat at school or when you're watching TV at home? Do other things take your mind off what you are doing?

Ritalin can help you with these kinds of things, like listening to your teacher better or maybe you won't have to wiggle around in your seat as much.



What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when you keep taking your medicine. Ritalin has some side effects.

You might have some trouble falling asleep at night or it might give you a stomach ache. Lots of kids don't feel that hungry when they take Ritalin or it gives them a headache.

But don't worry, you can do stuff to help with these things!

So what can I do?

If you can't go to sleep at bedtime, tell your doctor that it might help if you can take your pill earlier, like if you usually take it at 9 a.m. see if 7 a.m. is OK. Don't drink as much stuff with caffeine, like pop. If you're thirsty maybe try water a few times instead. Less caffeine and more water also helps with headaches.

Don't feel so hungry? See if you can eat your breakfast *first* and then take your medicine. Try to eat a piece of fruit with your breakfast, too. It is very good for your body!

If Ritalin gives you a stomach ache make sure you eat something with it. You probably take your pill in the morning, so don't skip breakfast!

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you think your medicine helps you, like maybe you got a good grade or don't daydream as much. If you think you have any side effects, let your doctor know that, too.

You can help your doctor!

Seroquel®



How does it help me?

Seroquel helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help with:

* If you have trouble thinking clearly all the time or maybe worry about what other people think about you.

* Stuff might bother you that other people do not notice, like something you hear or see.

* It might be hard for you to make decisions or you might have trouble with your feelings like getting angry all of the sudden to feel like you can do anything in the world for no real reason.

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What is a side effect?

That is something “extra” you get with medicine sometimes that you don’t really want. It is pretty normal and usually goes away when your body gets used to the medicine. Seroquel has some side effects.

You might feel sleepy or dizzy.

It might give you a headache.

It might make your cholesterol higher.



So what can I do?

If it makes you very sleepy or dizzy, tell your doctor. You might be able to take it at a different time (like at night). Exercise helps when you feel sleepy sometimes. Be careful if you drive until you are used to the medicine. Also get up slowly from a chair or your bed in the morning to help with dizziness.

If it gives you a headache, ask your doctor if it is OK to take a Tylenol or Advil, you should also ask your doctor about any other “over the counter” medicines (like the stuff you buy at the drugstore).

You’ve probably heard about cholesterol. It is mostly a problem for older people, but Seroquel might make yours go up and it is good to keep cholesterol low. Choose foods that are lower in fat, try not to eat too many cookies, junk food and fast food. A really good food that helps to keep cholesterol low is oatmeal, you can add fruit to it also, which is very good for you!

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill.

Seroquel takes a while to work, maybe a few weeks. So don’t give up if you do not start to feel better right away, it just takes time. Be sure to tell your doctor how you think it might be helping or if you don’t think there’s been a change.



How does it help me?

Strattera helps in lots of different ways.

It will help make it easier for you to sit through class without moving around in your seat as much. The same with riding in a car or on the bus –you won't squirm around as much.

It helps you stick with things better—like your homework or reading a book so that little things don't take your mind off of what you are doing and you will be able to finish.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine. Strattera has some side effects.

It might give you a headache or stomach ache or maybe it makes it hard to go to sleep.

You might not be as hungry as usual if you take Strattera or it can make your mouth dry.



So what can I do?

Do you think your Strattera is keeping you awake? Tell your doctor. You might be able to take it at a different time, like earlier in the day. Also try to avoid drinks with caffeine later in the day.

If you don't feel hungry, eat your meals *before* you take your pill. See if you can eat breakfast *first* and *then* take your pill. You could try the same after school if you take your medicine then; have your dinner and then your pill. Later in the evening you might even want a snack.

If it gives you a headache, see if it is OK to take something like Tylenol. Ask your doctor what is good. If you can remain quiet and still, that sometimes helps with a headache, too.

To help with it making your stomach hurt, take your medicine with food or maybe a glass of milk if you prefer.

Don't open the capsules either! You should only swallow them. If it is hard for you, put it far back on your tongue and try with milk.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you've been feeling. Has it been better at school? How has it been doing homework? Let your doctor know how things are going with you.

Trazadone



How does it help me?

Trazadone helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help make better:

* If you are feeling really sad, or always bored, it helps you to start to feel better like you used to.

* Maybe you worry or think about things a lot, it can help you relax.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine.

Trazadone has some side effects.

It might make you sleepy, dizzy or give you a headache.

It might give you a stomachache.



So what can I do?

If Trazadone makes your stomach feel bad take it with food, like after your meals. This should also help you feel less sleepy or dizzy. If it makes you very dizzy, get up slowly and if you drive be very careful until your body gets used to the medicine.

Ask your doctor if you can take it before bed if it makes you very sleepy in the daytime.

Also check if you can have a Tylenol® or Advil® for a headache.

If you think that things start to look blurry, tell your doctor. It can happen to some people and it is important for your doctor to know that.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill but if you stop taking Trazadone without your doctor's help, you can feel pretty bad! Tell your doctor how you've been feeling, Happier? More relaxed? No change? Also let your doctor know *right away* if you are feeling sadder than you did before. Doctors can do lots of things to help

Wellbutrin®



How does it help me?

Is it hard to sit still in your seat at school or when you're watching TV at home? Do other things take your mind off what you are doing?

Wellbutrin or Wellbutrin SR can help you with these kinds of things, like listening to your teacher better or maybe you won't have to wiggle around in your seat as much.



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What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when you keep taking your medicine. Wellbutrin has some side effects.

You might have some trouble falling asleep at night or it might give you a stomach ache. Wellbutrin might give you a headache or dry mouth

But don't worry, you can do stuff to help with these things!

So what can I do?

If you can't go to sleep at bedtime, tell your doctor that it might help if you can take your pill earlier. Don't drink as much stuff with caffeine, like pop. If you're thirsty maybe try water a few times instead. Less caffeine and more water also helps with headaches.

If Wellbutrin gives you a stomach ache make sure you eat something when you take it.

If it makes your mouth dry, try some sugarless gum or suck on ice cubes.

Don't stop taking your Wellbutrin without talking to your doctor! That can make you feel very bad. Also let your doctor know if you've had a cough you never had before.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill. Tell your doctor how you think your medicine helps you, like maybe you got a good grade or don't daydream as much. If you think you have any side effects, let your doctor know that, too.

You can help your doctor!



How does it help me?

Zoloft helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help make better:

* If you are feeling really sad, or always bored, it helps you to start to feel better like you used to.

* Maybe you worry or think about things a lot, it can help you relax.

What is a side effect?

That is something "extra" you get with medicine sometimes that you don't really want. It is pretty normal and usually goes away when your body gets used to the medicine.

Zoloft has some side effects.

You might feel a little sick to your stomach from it or have trouble going to the bathroom or go too much (like diarrhea). It might make you sleepy in the day or keep you awake at night.



So what can I do?

If Zoloft makes your stomach feel bad, see if it is OK to eat something with it. If you take your pill in the morning, have it right before your breakfast. If you take it at night eat a little with it, like maybe a banana or a slice of toast.

Taking your pill with meals may also help make it easier to go to the bathroom and helps with diarrhea, too. Food in your stomach makes the medicine work slower while still doing its job, which is why it helps! Good foods to try are: Apples, brown bread or cereals that say "whole grains" on the box. Also drink a glass of water! That helps.

Is it making you feel tired in the day? Do you think it is keeping you awake at night? Tell your doctor. You might be able to take it at a different time, either first thing in the morning if you have trouble falling asleep or right before bed if it makes you feel sleepy. That should help you get rest and not be sleepy!

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill but if you stop taking Zoloft without your doctor's help, you can feel pretty bad! Tell your doctor how you've been feeling, Happier? More relaxed? No change? Also let your doctor know *right away* if you are feeling sadder than you did before. Doctors can do lots of things to help

Zyprexa®



How does it help me?

Zyprexa helps with lots of different things. You might take it for a different reason than someone else. Here are a few things it can help with:

* If you have trouble thinking clearly all the time or maybe worry about what other people think about you.

* Stuff might bother you that other people do not notice, like something you hear or see.

* It might be hard for you to make decisions or you might have trouble with your feelings like getting angry.

* Maybe you worry or think about things a lot or feel really, really great about something for no reason.

What is a side effect?

That is something “extra” you get with medicine sometimes that you don’t really want. It is pretty normal and usually goes away when your body gets used to the medicine. Zyprexa has some side effects.

You might feel sleepy.

You might gain weight from taking Zyprexa.

It can make your mouth dry.



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So what can I do?

Zyprexa might make you gain weight, so try to eat things that are good for you and not too high in calories so you don’t gain too much weight. Try to avoid eating lots of fried or “prepared” and fast foods like McDonald’s®. Prepared foods are foods that are already made and have lots of calories and fat. Instead try to eat things that are freshly made, like a sandwich and some soup or salad. Also try to eat a piece of fruit or vegetable with your meals. Make sure to drink lots of water and juice is good, too. And get exercise! If you like Gatorade®, that is good after you sweat a lot.

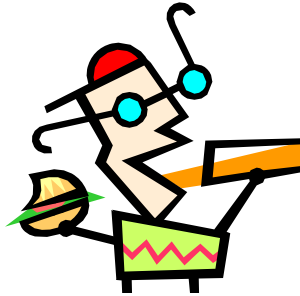
If it makes you very sleepy, tell your doctor. You might be able to take it at a different time (like at night). Exercise helps when you feel sleepy sometimes. Be careful if you drive until you are used to the medicine.

Things like sugarless gum or hard candies help with a dry mouth. So does sucking on ice cubes.

REMEMBER your medicine really helps you! Side effects will get better & better when you keep taking your pill.

Zyprexa takes a while to work, maybe a few weeks. So don’t give up if you do not start to feel better right away, it just takes time. Be sure to tell you doctor how you think it might be helping or if you don’t think there’s been a change. Also ask your doctor before you take any “over the counter” medicines, like Tylenol® when you take Zyprexa.

Healthy Eating



You can eat more than lettuce!

You probably have a good idea of what foods are good for you and what foods are not.

Things like potato chips, hamburgers, and fast food taste good. But things like salad, fruit and vegetables are good for you. So what can you do to eat healthier?

Don't Forget Exercise!

You don't have to run miles or be on a sports team to get exercise.

Going for a walk, playing a game with your friends, or walking your dog helps.



Good Foods

To keep your body healthy, you should eat healthy things. That sounds easy, right? Here are some tips on picking better foods:

*Maybe you like to get a burger sometimes or make them at home. Instead of having fries with it, try a vegetable instead.

*If you love eating pizza, see if they have any with "thin" crust or get a little less cheese. Try getting your favorite vegetable topping instead of pepperoni or sausage.

*Foods (like chicken or sandwiches) that are "grilled" are better than ones that are "fried".

* Use mustard and ketchup instead of mayonnaise on sandwiches.

*Instead of drinks like Mountain Dew, Coke or Pepsi have water or iced tea once in a while.

*Don't use too much salt.

Healthy Snacks

Rather than eat "junk food" like chips, Fritos®, or Doritos® try these once in a while:

- Microwave popcorn that says "Light" on the box
- Peanut Butter or cheese on crackers
- Dry cereal or little boxes of cereal
- Pretzels
- A glass of milk
- Fresh fruits, like a banana or applesauce
- Cereal or granola bars

Fast Food

If you go to McDonald's®, Wendy's® or Burger King® a lot, try to get smaller sizes rather than always ordering large or big sandwiches or:

- Instead of Fries at Wendy's, try a baked potato
- Get a plain hamburger instead of cheeseburgers at McDonald's
- Burger King has grilled chicken sandwiches, which are better than things like a Whopper®

REMEMBER: Fast food is something you should not eat too much of. It is always better to eat foods that are **fresh!**

ENDNOTES

1. See National Mental Health Information Center (2007) for information on facts of anxiety disorders. The website is: <http://mentalhealth.samhsa.gov.ublications/allpubs/CA-0007/default.asp>
2. For information on teens and depression (2007), refer to an article at <http://www.webmd.com/depression/guide/teens-depression>
3. Statistical and other information on Attention Deficit Hyperactivity Disorder can be accessed through the American Academy of Child and Adolescent Psychiatry's (2007) website at http://www.aacap.org/cs/adhd_a_guide_for_families/how_common_is_adhd