Antidepressant side effects tracker

Fill in one row a day. Day 1 is the day you started or changed your dose. For mood, 0 is the lowest you can imagine, 5 is getting by, 10 is your best. Once a week, note if you feel better, the same or worse than before you started.

Date	Day	Dose	Mood 0-10	Side effects	Sleep	Energy	Better or worse	Notes

Prefer to log online? Your chart and report build themselves: withclaro.com/tools/antidepressant-side-effects-tracker

If you're having thoughts of harming yourself, contact emergency services or a crisis line straight away. In the US, call or text 988. In the UK, call Samaritans on 116 123. Elsewhere, find a crisis line near you at withclaro.com/tools/find-help.