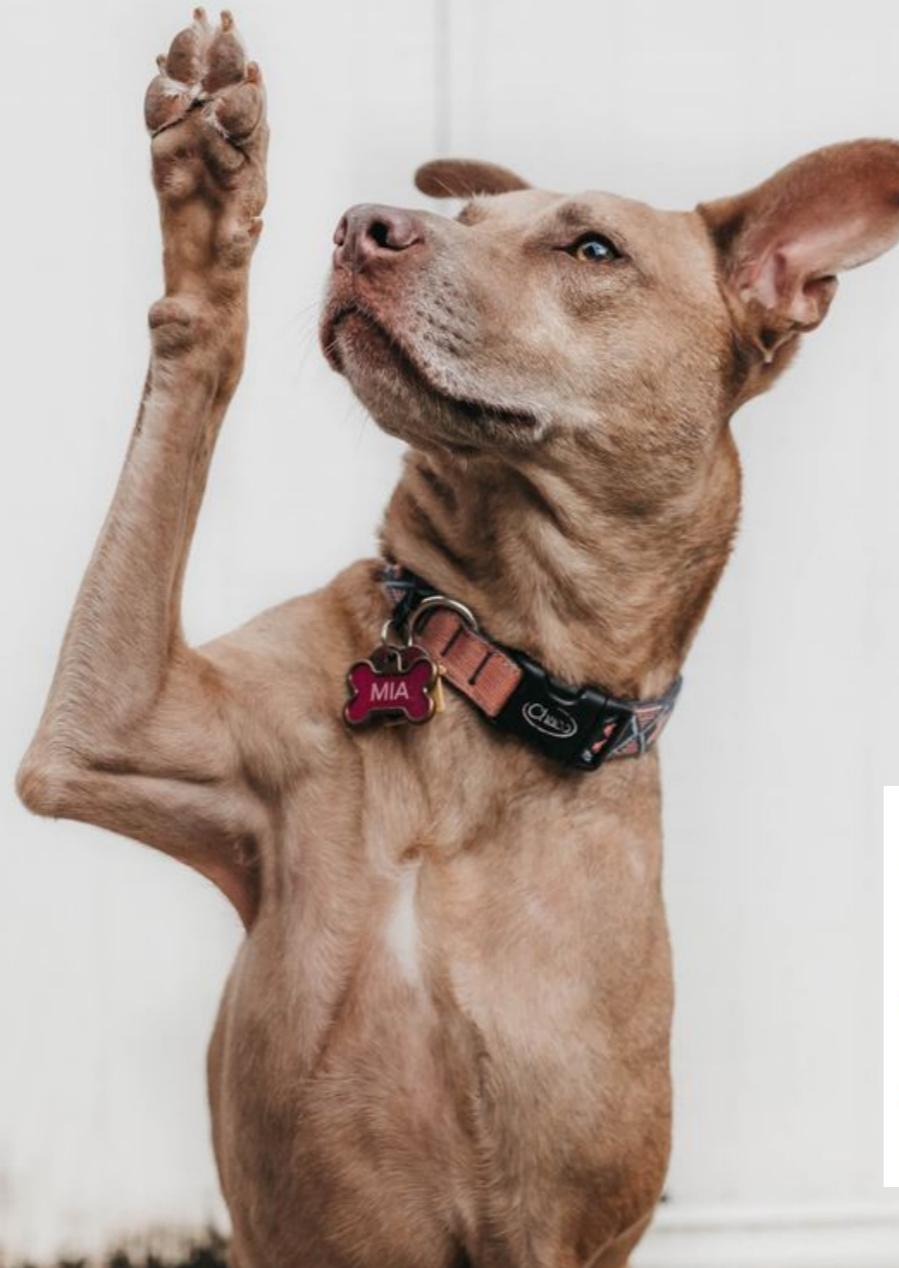


PSYCH MEDS: YOUR QUESTIONS ANSWERED



“ I don't know
what I need, I
just know I am
miserable... ”





Psychotherapy



Natural Options



Medications



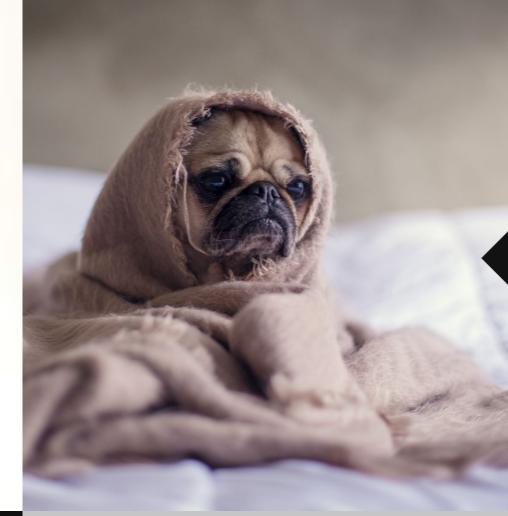
Combination Therapy

Psychotherapy

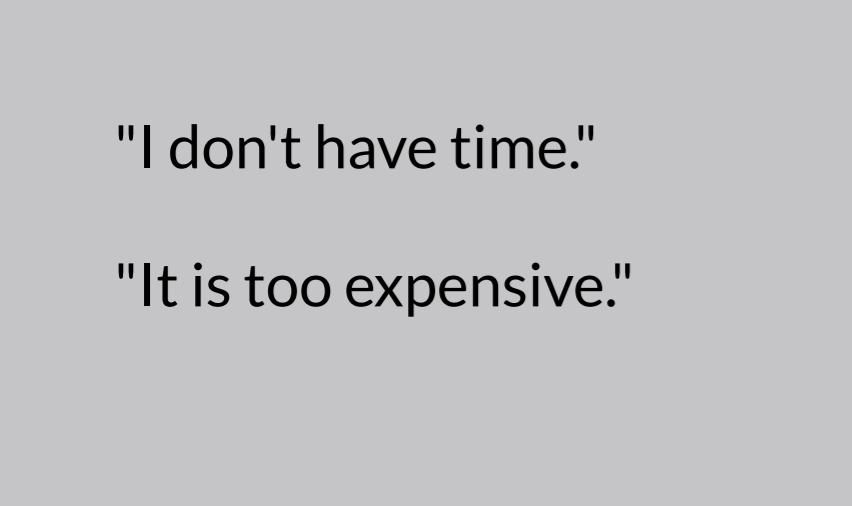
"I don't want to have to take
medication if I don't need to."



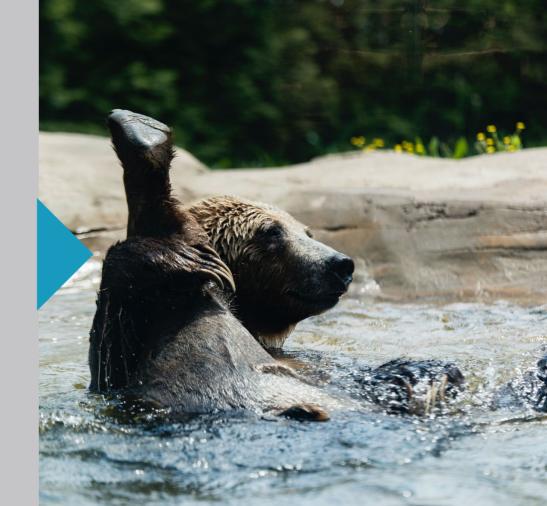
"I have a good life, I don't have anything to talk about."



"I don't want to be a burden."
"I don't connect well with others."
"I am very private and don't feel comfortable talking about my problems."



"I've done therapy before and it has never helped."



"Talking about what happened makes my symptoms get worse."



"I have a great support group so I don't need therapy."

MEDICATIONS



Natural Options

- Lavender
- Omega-3
- Melatonin
- Valerian Root
- Saffron
- CBD Oil

As Needed

- Propranolol
- Gabapentin
- Benzodiazepines

Combination

- Trial/Error
- Genetic Testing



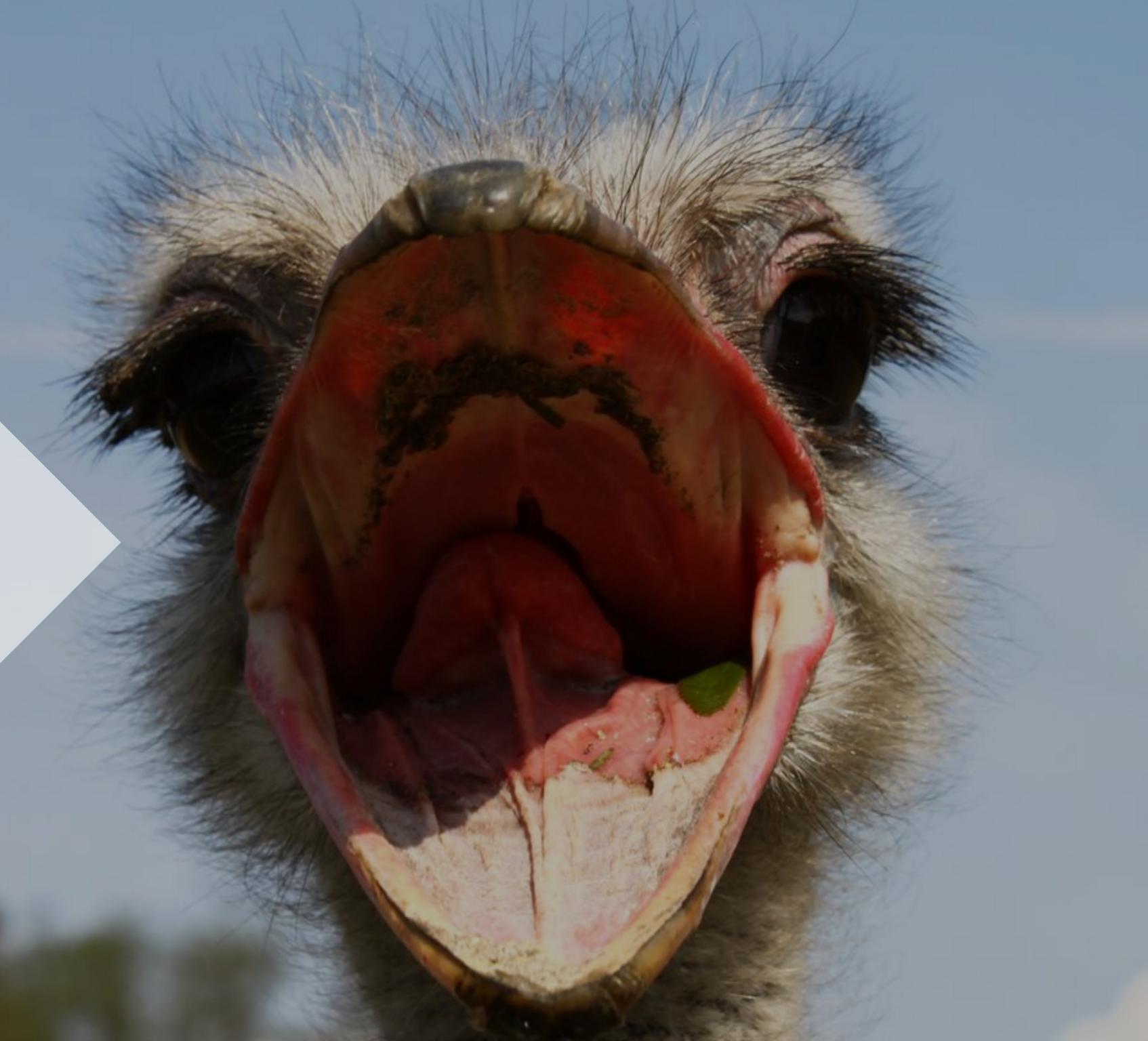
Natural Options

"I only want something natural."
"I already tried that."
"I need something stronger."

As Needed

"I don't want to have to take something every day."

"I just need something to take the edge off so I can...sleep, work, deal with my kids and partner..."



MEDICATIONS

What to Use When and When to Use What



Antidepressants

"I don't need an antidepressant - I'm just anxious."



Antipsychotics

"I'm not crazy; do you think I'm crazy?!"



Anxiolytics

I'm afraid of medication."



Sedatives

"I don't think I would even need medicine if I could just sleep."



Mood Stabilizers

"I feel like I am on a roller coaster."



ADHD

"Can't we just try ADHD treatment?"



Anti-Depressants

"I don't need an antidepressant, I'm just anxious."

| Product Name | PROS | CONS |
|--------------------------------------|---|---|
| Wellbutrin | No sexual SE, no weight gain, helps focus, no discontinuation syndrome | ETOH precautions |
| SSRI | Help depression, anxiety, and OCD "My mom takes prozac." | Sexual SE, discontinuation syndrome "I don't want to have SI." |
| SNRI | Help depression, anxiety, and may help pain and menopausal symptoms. | More likely to cause discontinuation syndrome. "It was terrible if I missed a dose." |
| Others (Trazodone, Remeron, TCAs) | May work when others don't, may help sleep, GI symptoms, anxiety, and pain. | More significant, product specific SE "I would like to try something newer." |

Anxiolytics

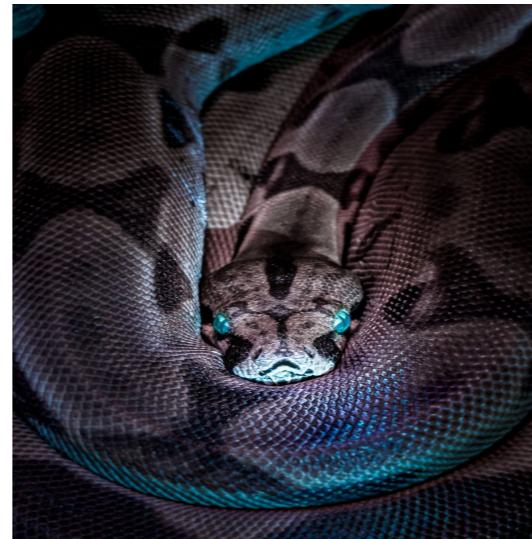
"This is what bothers me the most."

Prns

Taken as needed, prior to anxiety producing situation-social and preformance anxiety.

Antidepressants

"I can't tell if my anxiety makes me depressed or if I am anxious because I am behind from my depression."



You need therapy!!!

Seroquel

Works well but not without risks.

Buspirone

No weight gain, sexual SE, or discontinuation.

Mood Stabilizers

"I feel like I am on a roller coaster, out of control."

lithium, lamotrigine, trileptal, tegretol, depakote, verapamil, antipsychotics



Lamictal

"Antidepressants don't work for me."
"Sometimes I am so irritable, I can't stand myself."

Lithium

"I have chronic SI and my whole family has mental health problems."

Anti-epileptics

"I never know how I am going to feel."
"Sometimes I do things I regret and I can't even tell you why."

Anti-psychotics

"There is no middle ground for me."
"Sometimes I don't sleep at all."

Antipsychotics

"I'm not that bad."

"I finally feel better."

"My mind is the calmest it has been in years."

"The intrusive thoughts have quieted."

"I don't ever want to stop this medication."

"I feel like this medication saved my life."





SEDATIVES

"My anxiety is always worse at bedtime."

You need therapy!

"My schedule is crazy so I never know when I will get to bed."

You need sleep hygiene!

"I have to watch TV until I fall asleep."

You need blue light glasses!



Stimulants

"I'm about to fail and so I need something that will work right now."

ADHD

"I took my friends and it helped so can't I just get a prescription for that?"

Non-stimulants

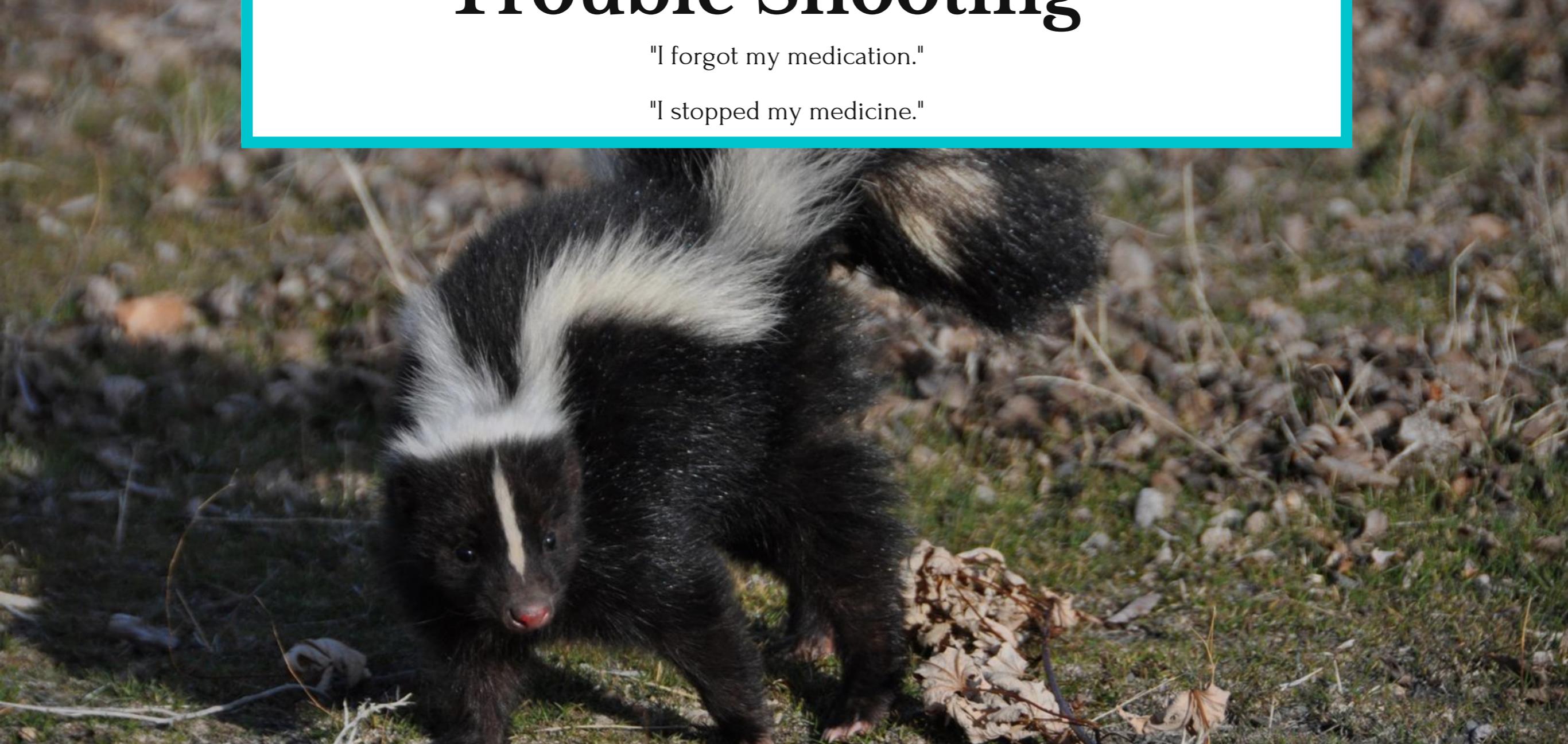
"I can't focus but the ADHD medication makes feel like...I lose my personality...more anxious...not able to sleep...more manic."



Trouble Shooting

"I forgot my medication."

"I stopped my medicine."



Thank You!

QUESTIONS?

