

PSYCHIATRIC MEDICATIONS

This list is provided for general information purposes only. It should not be considered an exhaustive list. Specific advice regarding the use of medication for the treatment of any of these conditions should be obtained from a licensed medical doctor.

| Depression | |
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| <p>SSRIs (Selective Serotonin Reuptake Inhibitors) SSRIs are the most commonly prescribed class of antidepressants. They fight depression symptoms by decreasing serotonin blockers in the brain. SSRIs cause fewer side effects than most other antidepressants.</p> | <p>Options include:</p> <ul style="list-style-type: none"> • sertraline (Zoloft) • fluoxetine (Prozac) • citalopram (Celexa) • escitalopram (Lexapro) • paroxetine (Paxil, Pexeva) • fluvoxamine (Luvox) • trazodone (Olepto) |
| <p>SNRIs (Serotonin and Norepinephrine Reuptake Inhibitors) Help improve serotonin and norepinephrine levels in the brain.</p> | <p>Options include:</p> <ul style="list-style-type: none"> • desvenlafaxine (Pristiq) • duloxetine (Cymbalta) • venlafaxine (Effexor XR) |
| <p>TCAs (Tricyclic Antidepressants) TCAs are often prescribed when other antidepressants don't work. TCAs can cause constipation, dry mouth, and fatigue. More serious side effects include low blood pressure, irregular heart rate, and seizures.</p> | <p>Options include:</p> <ul style="list-style-type: none"> • amitriptyline • amoxapine • clomipramine (Anafranil) • desipramine (Norpramin) • doxepin • imipramine (Tofranil) • nortriptyline (Pamelor) • protriptyline (Vivactil) • trimipramine (Surmontil) |
| <p>Norepinephrine-Dopamine Reuptake Inhibitors (NDRIs) NDRIs function by inhibiting the reuptake of the neurotransmitters norepinephrine and dopamine. NDRI drugs are commonly utilized to increase cognitive function such as among those who have been diagnosed with ADHD, energy levels among individuals with fatigue, as well as to improve symptoms of depression. Although some NDRIs have been withdrawn from markets due to abuse potential, many are considered safe and well-tolerated.</p> | <p>Options include:</p> <ul style="list-style-type: none"> • bupropion (Wellbutrin / Zyban) • dexamethylphenidate (Focalin) |
| <p>Atypical Antidepressants These medications don't fit into any other antidepressant categories. Atypical antidepressants affect neurotransmitters including dopamine, serotonin and norepinephrine.</p> | <p>Options include:</p> <ul style="list-style-type: none"> • bupropion (Wellbutrin, others) • mirtazapine (Remeron) • nefazodone • trazodone (Olepto) • vortioxetine (Brintellix) • vilazodone (Viibryd) |
| <p>Monoamine Oxidase Inhibitors (MAOIs) MAOIs may be prescribed when other medications haven't worked; however, they can have serious side effects. Using MAOIs requires a strict diet because of dangerous (or even deadly) interactions with some foods and medications.</p> | <p>Options include:</p> <ul style="list-style-type: none"> • isocarboxazid (Marplan) • phenelzine (Nardil) • selegiline (Emsam) • tranylcypromine (Parnate) |

Attention-Deficit / Hyperactivity Disorder (ADHD)

Stimulants

Stimulants are the most commonly prescribed medications for ADHD. They increase dopamine and norepinephrine in the brain to improve concentration while also decreasing fatigue. There are several types of stimulants:

1. Amphetamines: includes extroamphetamine or lisdexamfetamine. Several are available in extended release form
2. Methamphetamine: related to ephedrine and amphetamine
3. Methylphenidate: blocks the reuptake of norepinephrine and dopamine

Options include:

1. Amphetamines
 - Adderall
 - Dexedrine
 - Dextrostat
 - Vyvanse
2. Methamphetamine (Desoxyn)
3. Methylphenidate
 - Metadate
 - Concerta
 - Daytrana
 - Ritalin
 - Methylin
 - Quillivant
 - Focalin

Non-Stimulants

Non-stimulants affect the brain differently than stimulants. Though these drugs affect neurotransmitters, they don't increase dopamine levels. It also generally takes longer to see results and come in a variety of classes. They might be used when stimulants prove unsafe, ineffective, or for a person who wants to avoid the side effects of stimulants.

Options include:

- atomoxetine (Strattera)
- clonidine (Kapvay)
- guanfacine (Intuniv)

Other medications

Several other medications are available to treat ADHD. Your doctor may prescribe these if stimulants and non-stimulants don't work, they cause side effects that you can't live with, or you have other medical conditions.

Options include:

- amitriptyline (Elavil)
- desipramine (Norpramin, Pertofrane)
- imipramine (Tofranil)
- nortriptyline (Aventyl, Pamelor)
- bupropion (Wellbutrin)
- escitalopram (Lexapro)
- sertraline (Zoloft)
- venlafaxine (Effexor)

Anxiety

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| <p><u>Benzodiazepines</u> Benzodiazepines relieve anxiety by slowing down the central nervous systems. They are fast acting – typically bringing relief within thirty minutes to an hour. Because they work quickly, they are very effective when taken during a panic attack or another overwhelming anxiety episode.</p> | <p>Options include:</p> <ul style="list-style-type: none"> • alprazolam (Xanax) panic, generalized anxiety, phobias, social anxiety, OCD • clonazepam (Klonopin) panic, generalized anxiety, phobias, social anxiety • diazepam (Valium) generalized anxiety, panic, phobias • lorazepam (Ativan) generalized anxiety, panic, phobias • oxazepam (Serax) generalized anxiety, phobias • chlordiazepoxide (Librium) generalized anxiety, phobias |
| <p><u>Anti-Depressants</u> Many anti-depressants have been found to relieve symptoms of anxiety. These include certain SSRIs, TCAs, MAOIs and new atypical antidepressants.</p> | <p>See above</p> |
| <p><u>Buspirone (BuSpar)</u> Buspirone is a newer anti-anxiety drug that acts as a mild tranquilizer. It relieves anxiety by increasing serotonin (as SSRIs do) and decreasing dopamine. It is slower acting than traditional anti-anxiety medications (it takes about two weeks to work), but is less sedating than the benzodiazepines.</p> | |
| <p><u>Beta Blockers</u> Beta blockers are typically used to treat high blood pressure and heart problems. However, they are also prescribed off-label for anxiety due to the fact that they block the effects of norepinephrine (the stress hormone involved in the flight-or-fight response). They help control the physical symptoms of anxiety, such as rapid heart rate, a trembling voice, sweating, dizziness, and shaky hands. They do not address the emotional symptoms of anxiety such as worry.</p> | <p>Options include:</p> <ul style="list-style-type: none"> • propranolol (Inderal) social anxiety • atenolol (Tenormin) social anxiety |