

TYPES OF MEDICATION FOR DEPRESSION & ANXIETY

Category	Names of Medication	Medication Description	Conditions Treated
Benzodiazapine	Xanax, Klonopin, Ativan	Benzodiazapines affect neurotransmitter chemicals that nerves use to communicate with one another. Since scientists believe anxiety is caused by excessive activity in the nerves of the brain, and this drug is thought to help reduce this activity to a manageable level. This medication is considered the most dangerous, as it can be habit forming.	Panic Attacks, General Anxiety, Insomnia
SSRI (Serotonin selective reuptake inhibitors)	Prozac, Zoloft, Paxil, Lexapro	SSRI's work by blocking a receptor in the brain that absorbs the chemical serotonin. Although no drug is 100% safe for everyone, SSRIs are among the safest since they are non-habit forming and rarely interact or cause problems with other medicines.	Depression, OCD, Eating Disorder, Panic Disorder
SSNRI (selective serotonin and norepinephrine reuptake inhibitors)	Effexor, Pristiq, Cymbalta	Just like SSRIs, these medications affect the neurotransmitters in the brain. The difference is that Effexor and drugs like it will not only affect your serotonin levels, but also dopamine and other related chemicals. There is still debate as to which of these two types of medications are most effective.	Major Depressive Disorder, Anxiety, Panic Disorder
Tetracyclic	Remeron, Avanza, Zispin, Mirtazon	This class of medication is the same as SSNRI and SSRIs, in that they inhibit serotonin to the brain. These are just as safe as the other classes, yet they are being used less frequently because of mild unwanted side effects such as overeating and lethargy.	Major Depressive Disorder
MAOI (Monoamine oxidase inhibitors)	Marplan, Nardil, Zelapar, Emsam	Monoamine Oxidase Inhibitors were the first class of antidepressants to hit the market. These work in almost the same way as other anti-depressants, by reducing certain chemicals in the brain to balance the neurotransmitters. MAOIs are being used less and less as newer anti-depressants become available, since MAOIs have the most serious side effects when taken with other medications, or with certain foods. People who are still on MAOIs are usually on them because they have had a personal success in the past, and do not want to change their treatment.	Depression, Social Anxiety, Panic Disorder
Bupropion	Wellbutrin, Zyban, Aplenzin	Bupropion is another anti-depressant that attempts to balance out your neurotransmitters by blocking certain chemicals. Unlike the other anti-depressants, which focus on serotonin, Bupropion focuses mainly on releasing extra dopamine. More recently, this drug has found to help smokers quit. It has since been marketed as both an anti-depressant and a smoking cessation solution.	Major Depressive Disorder, Seasonal Affective Disorder