

DRUG TREATMENT

FACTS



Patient works with doctor to find a drug that works for them. 100s of drugs on the market now with new drugs added each year.



Includes antidepressants, anti-anxiety, and anti-psychotic medications



Side effects include drowsiness, dizziness, nausea, dry mouth, low blood pressure, nervousness

PROS



Medication can be the best option for some patients and some conditions.

CONS

Medications only work if you take them just as prescribed. May not help manage all symptoms or treat root causes. Negative side effects could rule out using certain drugs.



MENTAL ILLNESS

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DRUGS OR THERAPY?

A doctor may prescribe a patient a psychiatric drug or psychotherapy, or both. There's no "one-size-fits-all" treatment.

PSYCHOTHERAPY

FACTS



Patient works with a certified therapist. Manages their illness through talking and exercises.



Includes cognitive behavioral therapy (CBT), interpersonal therapy, therapy pets



Studies show patients benefit from psychotherapy about 75% of the time

PROS

Psychotherapy might help manage some mental illnesses. Few to no side effects.



CONS

Some medication use may still be needed. Some therapies could be inappropriate for some patients. May cause more harm than good.

