

List of Mental Health Medications

Below is a list of medications commonly prescribed for individuals seeking treatment for mental health concerns. Please note that this is not an exhaustive list, and other medications may also be used based on individual needs. Symptoms and treatment plans can vary from person to person.

Do not use this list to make acute or ongoing medical decisions. Always consult with a healthcare provider to determine the most appropriate course of action regarding medications.

Selective Serotonin Reuptake Inhibitors (SSRIs)		
Medication	Action	Possible symptoms
<ul style="list-style-type: none">• Citalopram• Fluoxetine• Fluvoxamine• Paroxetine• Sertraline	<ul style="list-style-type: none">• Selectively inhibit reuptake of serotonin	<ul style="list-style-type: none">• Nausea,• Sleep disturbances• Sexual dysfunction• Appetite changes• Headache• Dry mouth
Antipsychotic medications (atypical)		
Medication	Action	Possible symptoms
<ul style="list-style-type: none">• Risperidone• Olanzapine• Quetiapine• Ziprasidone• Aripiprazole• Paliperidone• Asenapine• Lurasidone• Iloperidone• Cariprazine• Brexpiprazole• Clozapine	<ul style="list-style-type: none">• Blocking dopamine receptors in the brain can help reduce psychotic symptoms like hallucinations, delusions, and disordered thinking.	<ul style="list-style-type: none">• Weight fluctuations• Dizziness• Anxiety• Temperature sensitivity• Appetite changes• Somnolence
Mood stabilizers		
Medication	Action	Possible symptoms
<ul style="list-style-type: none">• Lithium• Valproate• Olanzapine	<ul style="list-style-type: none">• Affects receptors in the brain that regulate neurotransmitters.• Reducing abnormal brain activity and bringing balance to areas of the brain that are overstimulated.	<ul style="list-style-type: none">• Weight fluctuations• Sedation• Gastrointestinal complaints• Weakness• Nausea

Anti-anxiety medications		
Medication	Action	Possible symptoms
<ul style="list-style-type: none"> • Escitalopram • Fluoxetine • Duloxetine • Sertraline • Paroxetine • Venlafaxine • Clomipramine 	<ul style="list-style-type: none"> • These medications work by affecting the brain's neurotransmitters that regulate mood, stress, and other emotional responses. 	<ul style="list-style-type: none"> • Dizziness • Weight fluctuations • Nausea • Headaches • Appetite fluctuations • Concentration issues • Weight loss • Constipation • Restlessness • Fatigue
Additional notes		

Bandelow, B., Michaelis, S., & Wedekind, D. (2017). Treatment of anxiety disorders. *Dialogues in clinical neuroscience*, 19(2), 93–107. <https://doi.org/10.31887/DCNS.2017.19.2/bbandelow>

Chokhawala, K., & Stevens, L. (2023). Antipsychotic medications. In *StatPearls [Internet]*. StatPearls Publishing.