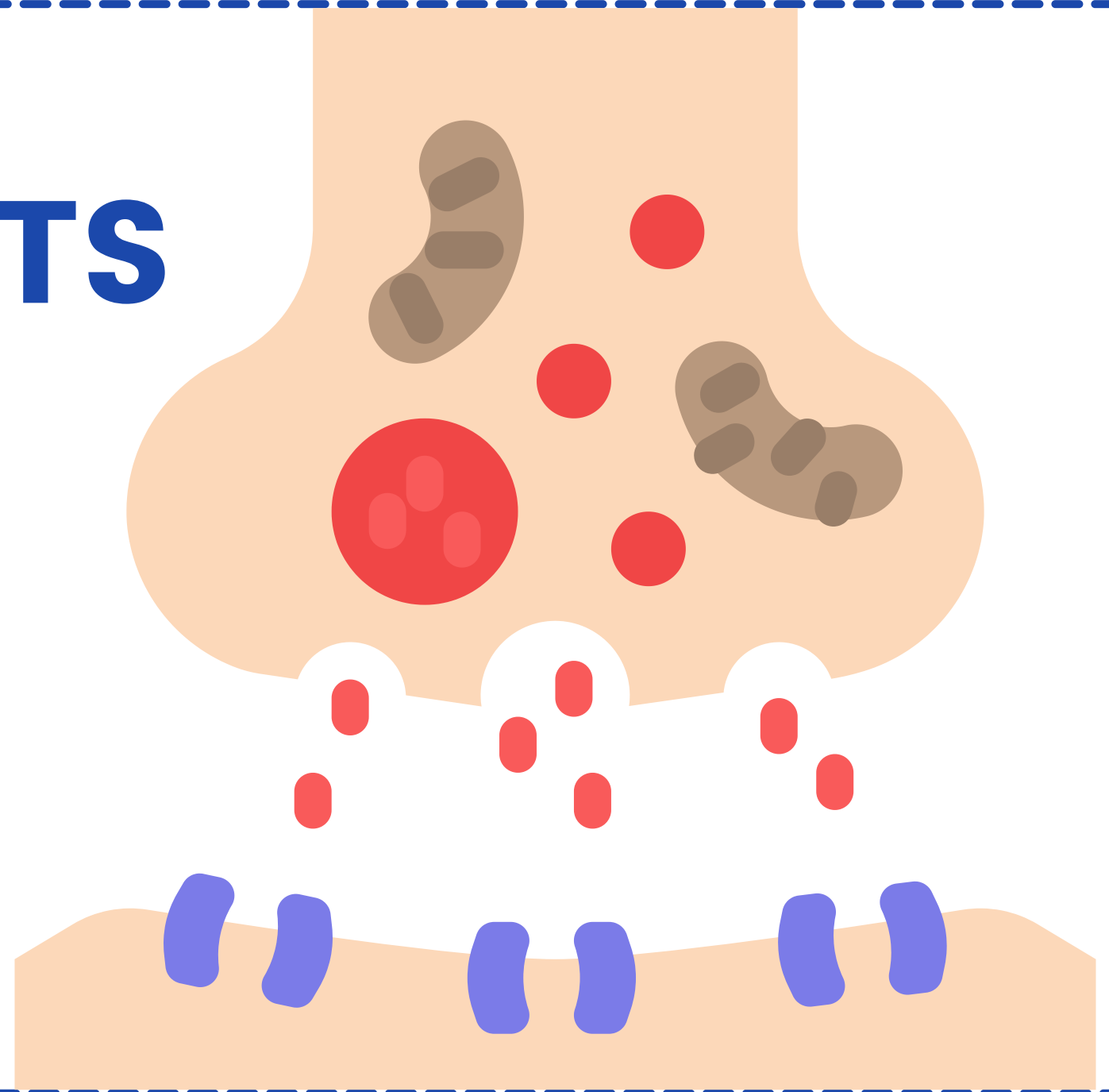


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# ANTIDEPRESSANTS

## 5 Facts About SSRIs



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Selective Serotonin Reuptake Inhibitors (SSRIs) treat depression by increasing the amount of serotonin (a neurotransmitter) in the brain.

This improves communication between neurons (brain nerve cells)

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Adjusting brain chemistry takes time.

It may take 4-6 weeks to see improvement after starting an SSRI and 6 months to prevent relapse of depression symptoms after stopping an SSRI

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Talk with your doctor before stopping an SSRI even if depression symptoms improve. Discontinuation syndrome may worsen depression symptoms and cause flu-like symptoms and shock like sensations

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Nausea and diarrhea may occur after starting an SSRI but improve with time. Talk with your doctor if you experience sexual dysfunction or increased thoughts of suicide

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SSRIs should not be used in combination with other medications that increase serotonin or if you have a family history of bipolar disorder

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Source:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/medicines-and-psychiatry/ssri-antidepressants/>

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Disclaimer: Med Ed Materials, 2022. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

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