



Citalopram



Increases serotonin activity and helps with low mood and anxiety, including panic attacks

A bit better at 2 weeks,
full effects at 6-8 weeks

Common side-effects are diarrhoea, feeling or getting sick, loss of appetite, headache, feeling more anxious, trouble sleeping and less interest in intimate relationships

Talk to your doctor if you want to stop it

Take it in the morning and keep taking for at least 6 months

Call your doctor if you get very anxious and restless or have thoughts of hurting yourself during the first few weeks