



Escitalopram



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

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

Common side-effects are headache, loss of appetite, feeling more anxious, feeling or getting sick, diarrhoea, 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