



Sertraline



Increases activity of serotonin and helps with anxiety, OCD and low mood

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

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