



A TEEN'S GUIDE TO PSYCHOPHARMACOLOGY

ANTIDEPRESSANTS

Common examples include Prozac, Lexapro, Zoloft

- Used to treat depression and anxiety
- Work by increasing levels of neurotransmitters like serotonin or norepinephrine
- Don't make you happy, but reduce symptoms of depression and anxiety
- May take several weeks to show the full effect
- Generally safe for long-term use



Examples include lithium, valproic acid, carbamazepine

- Primarily used to treat bipolar disorder
- Help prevent and treat manic or hypomanic episodes
- Don't just "stabilize mood" in general
- Allow safe use of antidepressants in bipolar patients
- Often require regular blood tests to monitor levels and side effects

MOOD STABILIZERS



Examples include risperidone, olanzapine, quetiapine

- Treat psychosis (hallucinations, delusions) in conditions like schizophrenia
- Work primarily by blocking dopamine receptors in the brain
- Can have significant side effects, including weight gain and movement disorders
- Newer "atypical" antipsychotics may have fewer side effects
- Used cautiously due to the potential for serious side effects

ANTIPSYCHOTICS