

IF **YOU** ARE STRUGGLING WITH...
Hyperarousal / Irritability

CONSIDER TRYING...
Zoloft

TAKE IT...
Anytime

WHEN **YOU** START THIS MEDICATION, YOU MAY...
Have a little longer fuse in a couple weeks, but full impact on mood may take 6-8 weeks.

TALK TO YOUR DOCTOR IF... (any of these things make you want to stop taking it)
You have diarrhea that is bothersome.
You find it harder to have an orgasm.

Medications for PTSD



IF **YOU** ARE STRUGGLING WITH...
**Flashbacks / Avoidance /
Chronic pain**

CONSIDER TRYING...
Effexor XR

TAKE IT...
**Anytime, but try morning
if it keeps you up at night**

WHEN **YOU** START THIS MEDICATION, YOU MAY...
Feel some effect the first 2 weeks, but full impact on mood and pain may take 6-8 weeks.

TALK TO YOUR DOCTOR IF... (any of these things make you want to stop taking it)
You find it harder to have an orgasm.
You have trouble sleeping or stomach upset.



IF YOU ARE STRUGGLING WITH...
Lack of mental clarity / low energy

CONSIDER TRYING...
Prozac

TAKE IT...
First thing in the morning

WHEN YOU START THIS MEDICATION, YOU MAY...
Feel more energy in the first 2 weeks, but full impact on mood may take 6-8 weeks.

TALK TO YOUR DOCTOR IF... (any of these things make you want to stop taking it)
You find it harder to have an orgasm.
You have trouble sleeping.
You think it might be interacting with other drugs you take.

Medications for PTSD



IF YOU ARE STRUGGLING WITH...
Anxiety / Inability to rest / Intrusive thoughts

CONSIDER TRYING...
Paxil

TAKE IT...
First thing in the morning

WHEN YOU START THIS MEDICATION, YOU MAY...
Sleep better during the first 2 weeks, but full impact on mood may take 6-8 weeks.

TALK TO YOUR DOCTOR IF... (any of these things make you want to stop taking it)
You feel sleepy or tired all day.
You are gaining weight and you don't want to.
You find it harder to have an orgasm.

