



# Psychiatry & Medication

Psychiatrists are doctors who prescribe medication for people living with a diagnosed mental health conditions. There are many beliefs that medication should not be used to heal mental health conditions. However, medication can be a great option as a part of someone's over mental wellness regimen to decrease symptoms and increase stability.

## Here are some tips that can be considered before taking medication:

- **Do you have the right diagnosis?:** Having the correct diagnosis is very important when taking medication. Medication for particular conditions are targeted to address certain symptoms. Having the incorrect diagnosis can lead to having the incorrect medication that can worsen your overall health.
- **Understand your overall health:** Seeing a general medicine or internal medicine doctor can provide more insight about your overall health and how the introduction of medication can impact your overall health.
- **Understand the side effects:** Most medications have side effects. Knowing the side effects can help you weigh your options as to what route you'd like to take with choosing a medication. Some medications can have serious side effects. If you are unclear on unsure about the side effects, ask your psychiatrist before making a decision.
- **Relying solely on medication to improve symptoms:** Some people believe that taking a medication will solve all their mental health symptoms. Medication is a part of maintenance and works best in conjunction with other maintenance such as therapy, self-care, and taking care of your physical health.