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BLOG

Anxiety Treatment Not Working? Questions to Ask Your Provider

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Questions to Ask

- Was my dose given enough time?
- Could sleep or caffeine play a role?
- Should my thyroid be checked?

Non-Habit-Forming Options

- Buspirone, taken daily
- Hydroxyzine, for occasional use
- Therapy such as CBT

Use With Extra Caution

- Pregabalin is a controlled medicine
- Benzodiazepines: not long term
- Risky with opioids or alcohol

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Read the full article

Anxiety Not Improving on Your Medication? Next Steps Beyond the First SSRI

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General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.