

# SSRI's & SNRI's

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Medication for Anxiety & Depression seems to fall into 2 groups:

- Selective Serotonin Reuptake inhibitors (SSRI's)
- Serotonin Norepinephrine Reuptake Inhibitors (SNRI's)

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SSRI's include Citalopram and are supposed to increase the level of serotonin in the brain which lifts mood, as people who are depressed produce less serotonin which is a neurotransmitter, that is it carries signals to the brain. SSRI's are supposed to reduce the intake of serotonin into the brain so that levels increase over time. Whilst not a cure this is meant to help us to recover by increase serotonin levels for us whilst taking medication.

SNRI's include Duloxetine and are a newer medication, similar to SSRI's in that they increase levels of serotonin and norepinephrine both neurotransmitters in the brain meant to lift mood.