

Episode Notes

PSYCHOLOGICAL MEDICATIONS

REFLECTION:

A person who ignores the advice of others may suffer needlessly in the present and often suffers regrets in the future.

KEY POINTS:

- Symptoms associated with grieving a loss are sometimes very similar to mental health disorder symptoms and might be alleviated with properly prescribed medications.
- Physicians are the only persons who can prescribe medications for psychological symptoms and you should never take another person's leftover medication.
- There are many false beliefs about medications for psychological symptoms.
- If a medication can safely reduce the negative psychological symptoms of a grieving person, their grief journey may be made shorter and less difficult to bear.

STEPPING STONE:

If you are struggling with symptoms impacting your sleeping, eating, depression or anxiety, please consider seeing your primary care physician for a medication consultation.

HEART CHECK

Date:

What have you been thinking and feeling today?

