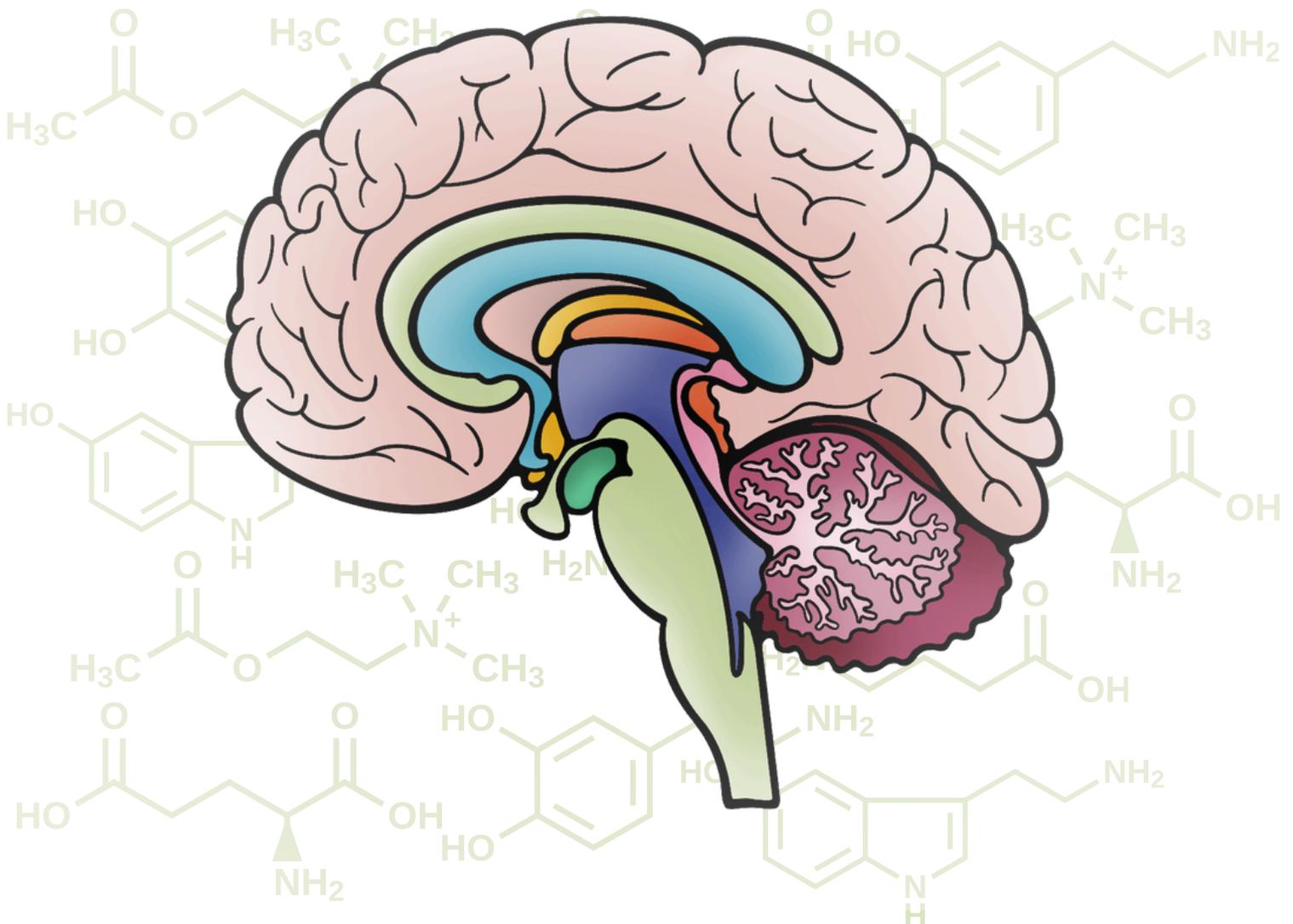




Psychopharmacology Reference Guide



A PSYCHIATRIC MEDICATION MANAGEMENT RESOURCE

A Message From Steve Krozer

iTrust Wellness Founder & CEO

As a psychiatric nurse practitioner, I quickly realized the importance of involving patients in the decision-making process regarding their medication. Patients have the right to be informed, and this booklet is designed to facilitate that care collaboration.

Inside, you will find comprehensive information about various medication classes. This resource is crafted for non-prescribers—patients, therapists, non-psychiatric specialists, and clinical support personnel—to provide a clear overview of the available therapeutic options and the rationale behind a psychiatric prescriber's choices.

My passion for educating others and sharing my psychopharmacological expertise inspired me to start iTrust Wellness. This same passion fuels my ongoing ambition to make a positive impact.

I hope you find this resource invaluable in your practice and that it sparks meaningful conversations.

Onward,
Steven Krozer
PMHNP-BC, MSN, BSN, RN

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iTrust's Psychopharmacology Reference Guide is provided for informational purposes only. It contains general information about psychiatric medications, their intended use for treatment, and their known side effects. This guide is not intended to replace professional medical advice, diagnosis, or treatment. It is not a substitute for the expertise and judgment of healthcare professionals.

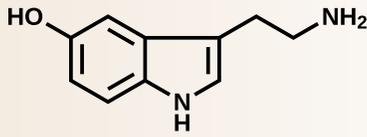
The information within this guide should not be used for prescribing or recommending psychiatric medications. Always seek the advice of a qualified health provider with any questions you may have regarding a psychiatric condition or treatment.

While we strive to ensure the information contained in this guide is accurate and up-to-date, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability, or availability with respect to the information, products, services, or related graphics contained in this guide. Any reliance you place on such information is therefore strictly at your own risk.

For the most accurate and personalized advice, we recommend consulting with an iTrust Wellness provider.

Neurotransmitters

SEROTONIN

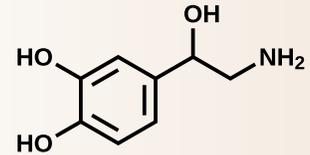


REGULATION OF MOOD, HAPPINESS, AND ANXIETY

Excess can cause an altered mental state, tremors, rigidity, muscle spasms, tachycardia, hypertension, sweating, or fever.

Deficiency can cause depressed mood, anxiety, aggression, impulsive behavior, irritability, or insomnia.

NOREPINEPHRINE

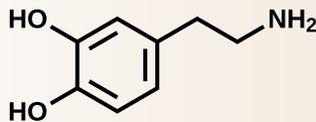


REGULATES "FIGHT-OR-FLIGHT" RESPONSE, BLOOD PRESSURE, ATTENTION, ALERTNESS, AROUSAL, MOOD, MEMORY, SLEEP/WAKE CYCLE

Excess can cause high blood pressure, excessive sweating, or anxiety.

Deficiency can cause depression, anxiety, changes in blood pressure and heart rate, low blood sugar, or difficulty sleeping.

DOPAMINE

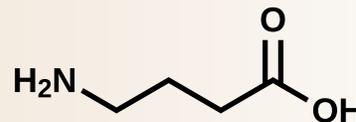


REGULATION OF MOOD, PLEASURE, MOVEMENT, MEMORY ATTENTION, REINFORCEMENT, AND REWARD

Excess can cause mania, hallucinations, poor impulse control, anxiety, high energy, or difficulty sleeping.

Deficiency can cause depression, shaking or tremors, changes in coordination, or lack of pleasure.

GABA

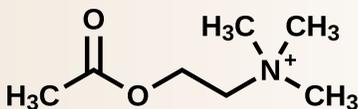


INHIBITORY NEUROTRANSMITTER; REDUCES NEURONAL ACTIVITY, REGULATES STRESS, ANXIETY, FEAR, COGNITION

Excess can cause decreased brain activity, hypersomnia, or daytime sleepiness.

Deficiency can cause mood disorders, epilepsy, or seizures.

ACETYLCHOLINE

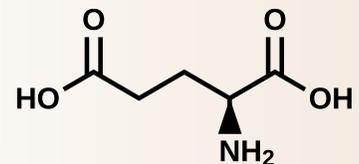


EXCITATORY NEUROTRANSMITTER; REGULATES MUSCLE CONTRACTION, BLOOD VESSEL DILATION, BODILY SECRETIONS, MEMORY, LEARNING, ATTENTION, AROUSAL

Excess can cause muscle weakness, cramps, paralysis, or blurry vision.

Deficiency can cause cognitive decline, memory loss, or Alzheimer's Disease.

GLUTAMATE

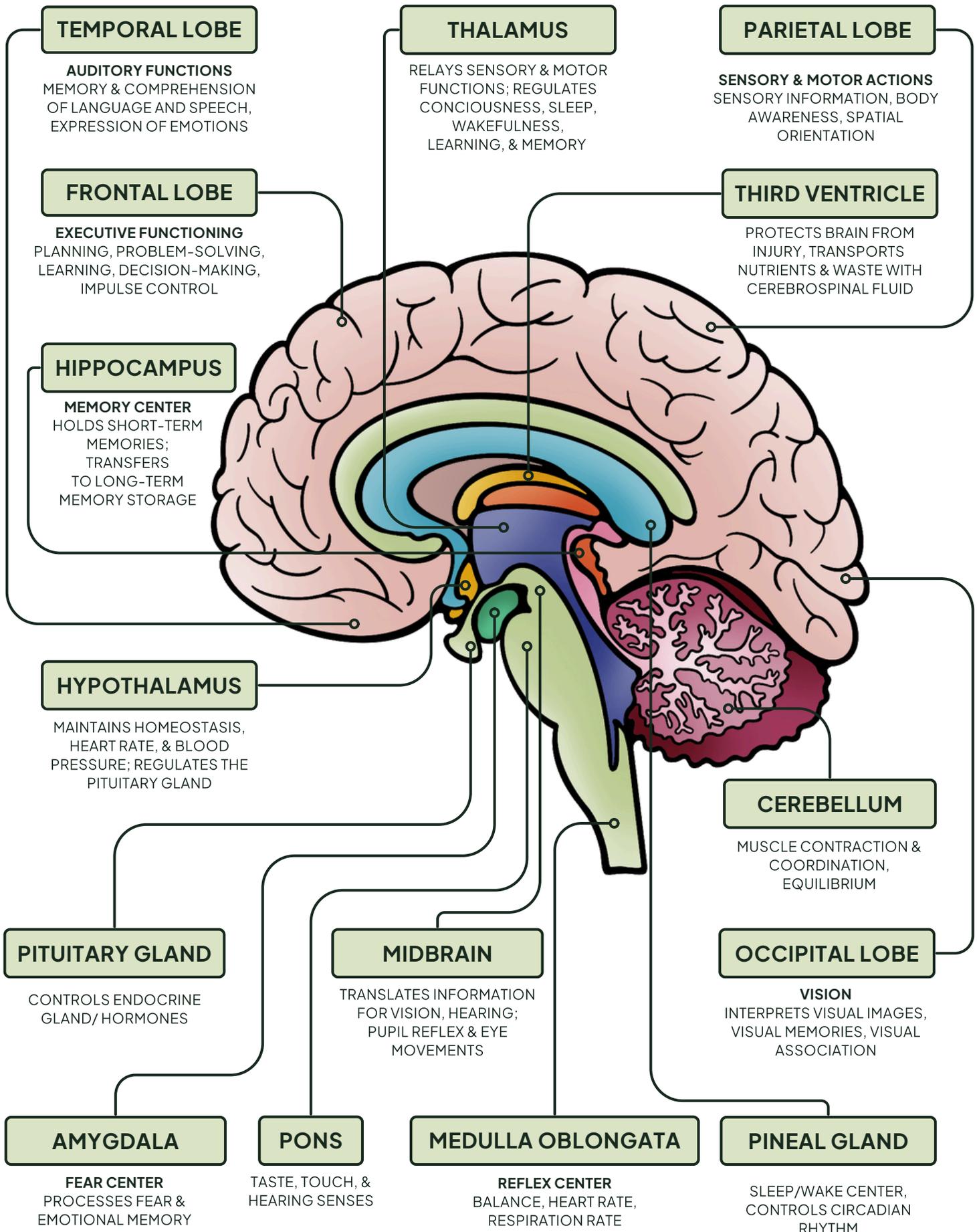


EXCITATORY NEUROTRANSMITTER; REGULATION OF MOOD, MEMORY, LEARNING, PAIN, AND SLEEP/WAKE CYCLE

Excess can cause depression, anxiety, brain cell damage, or changes in adrenal function.

Deficiency can cause mental and/or physical developmental delays.

Anatomy of the Brain



Antidepressant Medications

ALLEVIATE DEFICIENCIES OF SEROTONIN, NOREPINEPHRINE, & DOPAMINE

TOXICITY NOTE

Antidepressants may cause Serotonin Syndrome, a condition caused by excess serotonin in the synapses of the brain. Symptoms include confusion, fever, hallucinations, agitation, abdominal pain, and tremors.

Antidepressant medications may take four to six weeks to have noticeable therapeutic effects. Do not abruptly stop taking antidepressants, and avoid consumption of alcohol while on an antidepressant medication regimen.

ATYPICAL ANTIDEPRESSANTS

MEDICATIONS THAT HAVE UNIQUE MECHANISMS OF ACTION AND BENEFITS

DEPRESSION

ANXIETY DISORDERS

GENERIC	BRAND
BUPROPION	WELLBUTRIN, APLENZIN, AUVELITY
MIRTAZAPINE	REMERON
NEFAZODONE	SERZONE
TRAZODONE	DESYREL
VILAZODONE	VIIBRYD
VORTIOXETINE	TRINTELLIX
ESKETAMINE	SPRAVATO

Atypical antidepressants don't easily fit into the other classes, and each medication carries unique side effects.

SSRIs

BLOCKS THE REUPTAKE OF SEROTONIN

DEPRESSION

OCD

PTSD

PANIC DISORDERS

GENERIC	BRAND
FLUOXETINE	PROZAC
SERTRALINE	ZOLOFT
PAROXETINE	PAXIL
CITALOPRAM	CELEXA
ESCITALOPRAM	LEXAPRO
FLUVOXAMINE	LUVOX

SSRIs may cause sexual dysfunction, insomnia, agitations, anxiety, or changes in weight.

MAOIs

PREVENTS THE DESTRUCTION OF NOREPINEPHRINE, SEROTONIN, AND DOPAMINE

DEPRESSION

PANIC DISORDERS

GENERIC	BRAND
ISOCARBOXAZID	MARPLAN
PHENELZINE	NARDIL
SELEGILINE	EMSAM
TRANLYCYPROMINE	PARNATE

To prevent hypertensive crisis, avoid consumption of tyramine. MAOIs cannot be taken with other antidepressants.

TRICYCLICS

BLOCKS THE REUPTAKE OF SEROTONIN & NOREPINEPHRINE

SLEEP DISORDERS

ANXIETY DISORDERS

DEPRESSION

GENERIC	BRAND
NORTRIPTYLINE	PAMELOR
AMITRIPTYLINE	ELAVIL
DOXEPIN	SILENOR

Tricyclic antidepressants may cause hypotension, sedations, or toxicity, and are less commonly prescribed due to the severity of these side effects.

SNRIs

BLOCKS THE REUPTAKE OF SEROTONIN & NOREPINEPHRINE

NEUROPATHIC PAIN

ANXIETY DISORDERS

DEPRESSION

GENERIC	BRAND
VENLAFAXINE	EFFEXOR
DESVENLAFAXINE	PRISTIQ
DULOXETINE	CYMBALTA

SNRIs may cause headache, nausea, hyponatremia, hypertension, or sexual dysfunction.

Anxiolytics & Sleeping Medications

ENHANCE THE EFFECTS OF GABA TO PROMOTE RELAXATION & SEDATION

TOXICITY NOTE

Anxiolytics & sleeping medications may cause respiratory depression, extreme hypotension, or cardiac arrest.

Avoid consumption of alcohol while on an anxiolytic, sleep, or substance withdrawal medication regimen.

BENZODIAZEPINES

PROMOTES ACTIVITY OF GABA TO PRODUCE SEDATION & HYPNOSIS

SEIZURE DISORDERS

MUSCLE SPASMS

PANIC DISORDERS

ANXIETY DISORDERS

INSOMNIA

GENERIC	BRAND
ALPRAZOLAM	XANAX
LORAZEPAM	ATIVAN
DIAZEPAM	VALIUM
CLONAZEPAM	KLONOPIN
TEMAZEPAM	RESTORIL
TRIAZOLAM	HALCION

Benzodiazepines can cause central nervous system depression, decreased motor ability, or decreased concentration.

DORAs

BLOCKS SIGNALS IN THE BRAIN THAT STIMULATE WAKEFULNESS, NOT HABIT-FORMING

INSOMNIA

GENERIC	BRAND
DARIDOREXANT	QUVIVIQ
LEMBOREXANT	DAYVIGO
SUVOREXANT	BELSOMRA

Dual Orexin Receptor Antagonists (DORAs) may cause daytime sleepiness, headaches, or dizziness.

NON-BENZODIAZEPINE SEDATIVE-HYPNOTICS

SEDATIVE WITHOUT ANTI-ANXIETY OR MUSCLE RELAXANT EFFECTS

INSOMNIA

GENERIC	BRAND
ZOLPIDEM	AMBIEN
ZALEPLON	SONATA
ESZOPICLONE	LUNESTA
RAMELTEON	ROZEREM

Non-benzodiazepine sedative-hypnotics, also known as "Z" drugs, may be habit-forming but are generally considered to have a lower risk of dependence than benzodiazepines. May cause dizziness, anterograde amnesia, confusion, hallucinations, or headaches.

NON-BENZODIAZEPINE ANXIOLYTICS

REDUCES ANXIETY WITH FEWER SEDATIVE EFFECTS

PANIC DISORDERS

ANXIETY DISORDERS

MUSCLE SPASMS

GENERIC	BRAND
BUSPIRONE	BUSPAR
PROPRANOLOL	INDERAL
MEPROBAMATE	MILTOWN, EQUANIL

May cause dizziness, drowsiness, confusion, or digestive issues. May require tapering of dosage to discontinue use.

SUBSTANCE WITHDRAWAL

ALCOHOL DEPENDENCY

DECREASES ALCOHOL CRAVINGS AND USAGE

GENERIC	BRAND
NALTREXONE	VIVITROL, REVIA
ACAMPROSATE	CAMPRAL
DIAZEPAM	VALIUM
LORAZEPAM	ATIVAN
DISULFRAM	ANTABUSE

OPIOID DEPENDENCY

DECREASES OPIOID CRAVINGS AND WITHDRAWAL SYMPTOMS

GENERIC	BRAND
CLONIDINE	CATAPRES
GABAPENTIN	NEURONTIN
BUPRENORPHINE	SUBOXONE, SUBUTEX
+ METHADONE SUBSTITUTION	

NICOTINE DEPENDENCY

DECREASES NICOTINE CRAVINGS AND WITHDRAWAL SYMPTOMS

GENERIC	BRAND
BUPROPION	WELLBUTRIN, APLENZIN
VARENICLINE	CHANTIX
+ NICOTINE PATCHES, GUM, ETC.	

Mood Stabilizer Medications

ALTER THE TRANSMISSION OF DOPAMINE, GABA, AND/OR GLUTAMATE

ANTICONVULSANTS

ALTERS TRANSMISSION OF GABA & GLUTAMATE

BIPOLAR DISORDER

DEPRESSION

ANXIETY DISORDERS

AGITATION

SEIZURE DISORDERS

MUSCLE SPASMS

GENERIC	BRAND
LAMOTRIGINE	LAMICTAL
CARBAZEPINE	TEGRETOL
VALPROIC ACID	DEPAKOTE, DEPAKENE
LEVETIRACETAM	KEPPRA
GABAPENTIN	NEURONTIN
TOPIRAMATE	TOPAMAX
OXCARBAZEPINE	TRILEPTAL

Anticonvulsants may cause vertigo, double vision, headache, anemia, leukopenia, gastrointestinal issues, hepatotoxicity, pancreatitis, or rash.

LITHIUM

INHIBITS DOPAMINE, PROMOTES GABA & GLUTAMATE

BIPOLAR DISORDER

MANIA

DEPRESSION

GENERIC	BRAND
LITHIUM	ESKALITH, LITHOBID, LITHONATE

Lithium-based medications are not recommended for patients with hepatic disease, renal disease, cardiac disease, or who may be pregnant. Lithium should not be taken with diuretics, NSAIDs, or tricyclic antidepressants. Lithium may cause tremors, polyuria, thirst, weight gain, hypothyroidism, hypotension, or electrolyte imbalances.

TOXICITY NOTE

Lithium levels $\geq 1.5\text{mEq/L}$ may result in confusion, sedation, slurred speech, nausea, vomiting, diarrhea, extreme polyuria, tinnitus, blurred vision, ataxia, or hypotension.

Antipsychotic Medications

ALTER THE TRANSMISSION OF DOPAMINE

AGITATION

ACUTE MANIA

DEPRESSION

PSYCHOSIS

BIPOLAR DISORDER

SCHIZOPHRENIA

TYPICAL ANTIPSYCHOTICS

INHIBITS DOPAMINE RECEPTORS, TREATING POSITIVE SYMPTOMS

GENERIC	BRAND
HALOPERIDOL	HALDOL
FLUPHENAZINE	PROLIXIN
LOXAPINE	LOXITANE
THIORIDAZINE	MELLARIL
PERPHENAZINE	TRILAFON
CHLORPROMAZINE	THORAZINE, LARGACTIL

Typical Antipsychotics may cause dry mouth, dizziness, blurred vision, weight gain, or extrapyramidal symptoms, including Tardive Dyskinesia.

ATYPICAL ANTIPSYCHOTICS

MODULATE DOPAMINE, SEROTONIN, AND/OR HISTAMINES, TREATING POSITIVE AND NEGATIVE SYMPTOMS

+ SCHIZOAFFECTIVE DISORDER

GENERIC	BRAND
CLOZAPINE	CLOZARIL
RISPERIDONE	RISPERDAL
QUETIAPINE	SEROQUEL
OLANZAPINE	ZYPREXA
ZIPRASIDONE	GEODON
LURASIDONE	LATUDA

GENERIC	BRAND
PALIPERIDONE	INVEGA
ARIPIPRAZOLE	ABILIFY
BREXPIPIRAZOLE	REXULTI
CARIPRAZINE	VRAYLAR
LUMATEPERONE	CAPLYTA

Atypical Antipsychotics may cause weight gain, high cholesterol, diabetes, drowsiness, decreased sex drive, cardiac issues, or extrapyramidal symptoms, including Tardive Dyskinesia.

Stimulant Medications

INCREASE DOPAMINE & NOREPINEPHRINE TO IMPROVE CONCENTRATION

TOXICITY NOTE

Stimulant medications may cause pupil dilation, tremor, agitation, hyperreflexia, combative behavior, confusion, hallucinations, delirium, anxiety, paranoia, movement disorders, or seizures.

Avoid consumption of alcohol and limit caffeine intake while on a stimulant medication regimen. Marijuana or illicit drug use may counteract or alter the intended effects of stimulant medications.

AMPHETAMINE FORMULATIONS

PROMOTES THE RELEASE AND INHIBITS THE REUPTAKE OF DOPAMINE & NOREPINEPHRINE; SOME MAY ALSO BOOST SEROTONIN

ADHD

NARCOLEPSY

FATIGUE

GENERIC	BRAND
AMPHETAMINE	ADZENYS, DYNABEL
AMPHETAMINE SULFATE	EVEKO
AMPHETAMINE/DEXTROAMPHETAMINE SALTS	ADDERALL
DEXTROAMPHETAMINE SULFATE	DEXEDRINE, ZENZEDI
LISDEXAMFETAMINE	VYVANSE

Amphetamine-based stimulants may cause loss of appetite, weight loss, dry mouth, gastrointestinal issues, headache, fever, nervousness, high blood pressure, or trouble sleeping.

METHYLPHENIDATE FORMULATIONS

BLOCKS THE REUPTAKE OF DOPAMINE & NOREPINEPHRINE

ADHD

NARCOLEPSY

FATIGUE

GENERIC	BRAND
METHYLPHENIDATE	RITALIN, METADATE, METHYLIN, QUILLIVANT
METHYLPHENIDATE HYDROCHLORIDE	CONCERTA, APTENSIO
DEXMETHYLPHENIDATE	FOCALIN

Methylphenidate-based stimulants may cause dizziness, drowsiness, changes in vision, gastrointestinal issues, high blood pressure, or trouble sleeping.

Stimulant Alternatives for ADHD

AFFECTS NOREPINEPHRINE LEVELS TO REGULATE MOOD & CONCENTRATION

Stimulant alternatives provide an option for those who do not respond to traditional stimulant medications, or who may be unable to tolerate the side effects of stimulants.

GENERIC	BRAND
ATOMOXETINE	STRATTERA
VILOXAZINE	QELBREE
CLONIDINE	KAPVAY
GUANFACINE	INTUNIV
BUPROPION	WELLBUTRIN
+ GUARANA, GINGKO BILOBA, & GOTU KOLA SUPPLEMENTS	

Stimulant alternatives may cause stomach upset, nausea, or changes in blood pressure.

Vitamins & Supplements

EVIDENCE-BASED HOLISTIC OPTIONS TO SUPPORT MENTAL HEALTH

L-Theanine

An amino acid found in green tea, black tea, and some species of mushrooms. Reduces stress and anxiety by increasing dopamine, serotonin, and GABA. May improve brain function, cognitive skills, and sleep quality.

Lithium Orotate

A compound consisting of lithium and orotic acid. Influences the balance of serotonin, dopamine, and glutamate even in low doses. Known to benefit cognitive function and help stabilize mood.

N-Acetyl Cysteine (NAC)

An amino acid found in high-protein foods such as poultry, eggs, and legumes. Modulates glutamate and reduces oxidative stress and inflammation in the brain. May improve some symptoms of mood disorders.

L-Methylfolate / Folic Acid

The bioactive form of folate found in leafy greens, citrus fruits, and legumes. Produces serotonin, dopamine, and norepinephrine. Effective in reducing the symptoms of depression, anxiety, and bipolar disorder.

Magnesium

A mineral found in leafy greens, legumes, fish, and whole grains. Involved in the synthesis of serotonin and promotes the function of GABA. Shown to reduce symptoms of anxiety, depression, stress, and improve sleep.

Vitamin D

Can be obtained from sunlight and found naturally in fish and eggs. Plays a role in serotonin synthesis, making it ideal for improving symptoms of depression, anxiety, and Seasonal Affective Disorder.

Omega Fatty Acids

Polyunsaturated fats found in fish, vegetable oils, eggs, nuts, and seeds. Enhances serotonin and dopamine levels and reduces inflammation, helping to stabilize mood and improve cognitive function.

Curcumin / Turmeric

A natural compound found in turmeric. Influences the levels and activity of dopamine, norepinephrine, and serotonin, and also reduces inflammation. Helps in reducing symptoms of depression, anxiety, and stress.

Lion's Mane

A medicinal mushroom known for its shaggy appearance. Promotes neurogenesis and reduces inflammation, contributing to improved cognitive function, mood, and emotional well-being.

Maca Root

A vegetable native to Peru, its bioactive compounds have antioxidant & adaptogenic properties that reduce oxidative stress and inflammation. Alleviates symptoms of depression, anxiety, stress, and fatigue.

Experience the iTrust Difference.

JOIN US IN CHANGING MENTAL HEALTHCARE FOR THE BETTER.

Contact Our Team

We're here to help! Contact us for questions about community engagements, patient referrals, professional partnerships, and more.

CLINICAL TEAM

(864) 520-2020

info@itrustwellness.com

REFERRAL TEAM

(864) 520-2020

referrals@itrustwellness.com

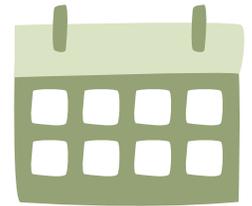
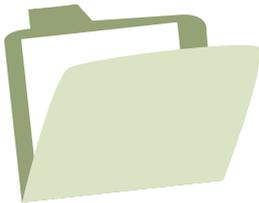
BUSINESS DEVELOPMENT

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Refer A Patient

Help your patients take the next step on their mental health journey with iTrust Wellness. Check out the back cover to learn more about our easy referral process.



Referral
Received

Patient
Contacted

Assessment
Completed

Appointment
Booked!

Visit Our Knowledge Center

Explore our growing database of articles, answers, and advice for all of your mental healthcare needs at www.itrustwellness.com.

The screenshot shows the iTrust Wellness website's Knowledge Center. The navigation bar includes links for 'How We Help', 'Knowledge Center' (which is highlighted with a mouse cursor), 'Partners', 'Pricing', and 'Locations'. A search icon and a 'Book an Appointment' button are also visible. The main content area is divided into four sections: 'Articles and Advice' (with an illustration of a woman at a laptop), 'Frequently Asked Questions' (with an illustration of hands holding a question mark and a lightbulb), 'What We Treat' (listing conditions like ADHD, Anxiety, Bipolar Disorder, Depression, OCD, Perinatal Mental Health, PTSD, and Women's Mental Health), and 'Treatment Methods' (listing options like Genetic Testing, Long Acting Injectables, Medications, and Vitamins & Supplements).