

About Medication

There are many medications that may help with mental health issues but not every person needs medication. Medications are not a cure. They help to block symptoms. For common mental health issues like depression and anxiety, psychotherapy is the best choice for long-term change. However, some patients need a little extra help in the short-run and medication may help while you work on the underlying issues. Our therapists can help you determine if you are a candidate for medication and work with your doctor on your care.

In Utah only medical doctors (including psychiatrists) may prescribe medications. Your primary care doctor can handle most medications but in some cases a psychiatric consult may be warranted. If you don't have a doctor we may be able to refer you to one.

Therapy has been shown to achieve the longest lasting results. Let our specialists help you find the best treatment approaches for you.

