

Medications for Psychosis



Medications for psychosis, called antipsychotics, can help make symptoms easier to handle. They don't completely cure psychosis, but when taken regularly they can help you feel calmer, more in control, and better able to focus on your life. Many people find that with the right medication, they can return to activities they enjoy and feel more like themselves. Finding the best medicine and dose can take time, so it's important to work closely with your doctor and treatment team.

Types of Medicine

There are two main ways to take antipsychotics:

- **Oral (pills or liquids)** taken every day.
- **Long-acting injectables (LAIs)** these are injections that last for weeks and help if you have trouble remembering daily pills.



There is also **clozapine**, a special antipsychotic used when other medicines haven't worked well. It can be very effective but needs regular blood tests to check for side effects.

Antidepressants if you feel very sad or low.

Mood stabilizers if your mood swings between very "up" and very "down."

Benzodiazepines for short-term help with anxiety, restlessness, or trouble sleeping. These medications can be habit-forming.

Why Taking Your Medications Every Day Matters

The most common reason for relapse (symptoms coming back) is not taking medications regularly or as prescribed.

To help you remember your medicines:

- Set an alarm
- Link it to a daily habit (like brushing your teeth)
- Ask your pharmacy about blister packs that organize your pills



If you miss a dose, take it as soon as you remember – unless it's almost time for the next dose, then skip the missed one and keep going as usual. If you're ever unsure, don't guess – ask your doctor, healthcare team, or pharmacist.

✓ Keep an updated list of your medications and instructions.

Common Side Effects and Tips to Manage Them

- **Feeling tired:** Keep a regular sleep schedule; ask if you can take meds at night
- **Dizziness:** Stand up slowly and stay hydrated
- **Weight gain:** Exercise and choose healthy foods
- **Constipation:** Drink water and eat high-fiber foods
- **Sexual side effects:** Talk to your team about adjusting medications
- **Restlessness, shaking, or muscle spasms:** Let your team know – they can help manage these

Always tell your treatment team if you notice side effects – they can help adjust your care and make things easier!

Side effects can be concerning but it's important that you do not stop your medication suddenly or without telling your doctor.

If you are concerned about side effects **contact your doctor or healthcare provider.**

