

Download Stopping Anxiety Medication Therapist Guide Treatments That Work

The Treatments That Work series represents the gold standard of behavioral healthcare interventions. Featuring Therapists Guides and Workbooks, this series communicates evidence-based interventions in mental health and behavioral medicine to clinicians on the frontlines of practice. Anxiety disorders are generally treated with psychotherapy, medication, or both. There are many ways to treat anxiety and people should work with their doctor to choose the treatment that is best for them. Generalised anxiety disorder (GAD) is a long-term condition, but a number of different treatments can help. Before you begin any form of treatment, your GP should discuss all your treatment options with you. A comprehensive guide to stopping antidepressants from RxISK's Medical Team.