

QC0031SN - Is Mental Health Medication for the Weak or the Wise?

When I suggest to people that they might need to see their physician about the possibility of taking an antidepressant or an anti-anxiety medication, many of them push back and resist the suggestion.

People have all kinds of reasons for not taking mental health medication. And those excuses reveal four general reasons people are resistant to taking mental health medication. They are:

1. They're afraid taking medication won't work or will make them worse.
2. They're afraid taking medication will mean they're weak, or a failure.
3. They're afraid taking medication will be seen as laziness.
4. They're afraid taking medication is a lack of faith.

Whatever your reason for resisting a needed mental health medication, just know your reason is probably not as objective as you feel it is.

A FINAL WORD...

Medication for mental health is like any other medication. When it's needed, the wise thing to do is to take it as your doctor prescribes.

Remember...Strength is not found in ignoring what you need to do. Strength is found in doing what you need to do...even if you don't want to. And such can be the case with mental health meds.

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