

## Re: Unusual type of depression,advice needed

**Source:** <http://sci.tech-archive.net/Archive/sci.med/2004-08/3643.html>

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**From:** Griffin (*nospam\_at\_here.net*)

**Date:** 08/30/04

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On 2004-08-30 08:27:58 -0400, sawal\_7432@yahoo.co.uk (Sawal\_7432) said:

- > *The reason for not going to see a doctor are complicated, but have a lot*
- > *to do with typical male*
- > *reluctance to seek help.*

Get over it.

- > *Having said all that i'm still going to ask the same question: which*
- > *anti-depressant do you think would be the best for my illness?*

There's no right answer to that question. Assuming you have unipolar depression and not something more complicated, most physicians would start therapy with an SSRI (selective serotonin reuptake inhibitor) – e.g., Prozac, Paxil, Zoloft, Celexa, Lexapro, etc. There is no "right" antidepressant for everyone, so I can't comment beyond that.