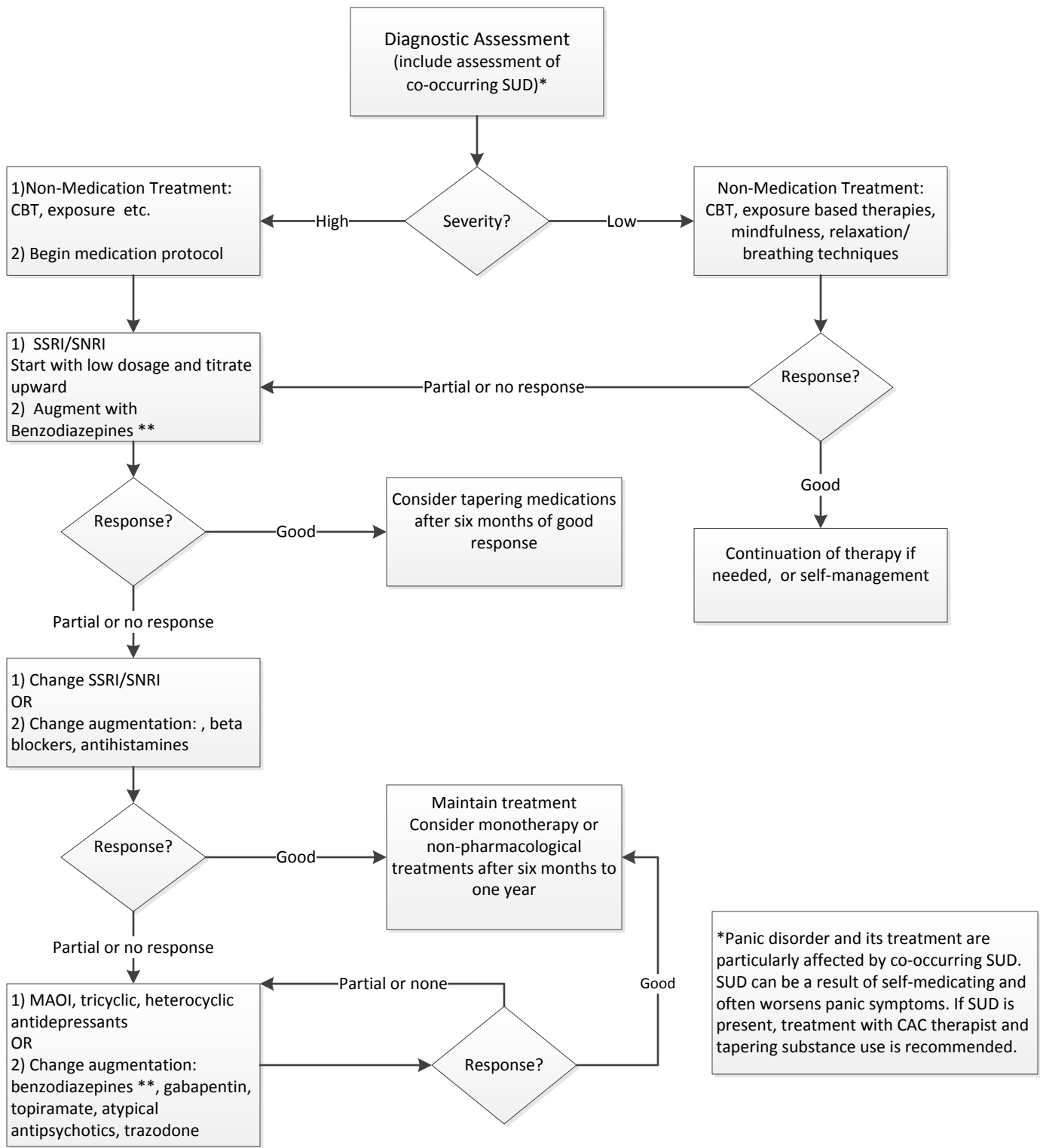


# Panic Disorder Medication Algorithm



\*Panic disorder and its treatment are particularly affected by co-occurring SUD. SUD can be a result of self-medicating and often worsens panic symptoms. If SUD is present, treatment with CAC therapist and tapering substance use is recommended.

\*\*Benzodiazepines should be used conservatively, ideally only for short-term symptom stabilization and/or to manage SSRI initiation effects, and should seldom be prescribed long-term for panic. Longer acting Benzodiazepines such as diazepam are generally less effective in panic than shorter-acting agents, but are less addictive. Be sure to monitor for increased tolerance or overuse.