

Complementary & Alternative Medicine Treatments

List of Reviewed Complementary and Alternative Medicine for Mental Health

The CAM treatments below are arranged by condition and relative significance of side effects.

Please note that this is not an exhaustive list; many treatments have suggested uses in addition to what is listed below. The listed uses are those supported by the evidence cited in the PDF document. All items listed below, are covered in the full summary, available for download at:

www.mentalhealthamerica.net/sites/default/files/MHA_CAM.pdf

Depression

Generally Safe

- Chromium for atypical depression
- Cranial Electrical Stimulation for depression
- Folate for depression and to enhance the effectiveness of conventional antidepressants
- Inositol for depression
- Omega-3 polyunsaturated fatty acids (fish oil) for mood stabilization and depression and to enhance the effectiveness of conventional antidepressants
- Rhodiola (rhodiola rosea) for mild to moderate depression
- S-Adenosyl-L-Methionine (SAM-e) for depression and to enhance the effectiveness of conventional anti-depressants
- Wellness
- Yoga for depression and schizophrenia

Minor to Major Side Effects

- St. John's wort (*Hypericum perforatum*) for mild to moderate depression
- Transcranial Magnetic Stimulation for depression
- Tryptophan/5-HTP for depression and to enhance the effectiveness of conventional antidepressants

Caution Advised

- DHEA and 7-keto DHEA for depression and bipolar disorder

Anxiety, Stress, Panic Disorder, and Other Conditions

Generally Safe

- Cranial Electrical Stimulation for anxiety
- Inositol for panic disorder
- Meditation for all forms of stress
- Rhodiola (*Rhodiola rosea*) for stress
- Yoga for anxiety, PTSD and ADHD

Minor to Major Side Effects

- Tryptophan/5-HTP for anxiety



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Caution Advised

- Kava (*Piper methysticum*) for anxiety and stress

Sleep Disorders

Generally Safe

- Cranial Electrical Stimulation for sleep disorders

Minor to Major Side Effects

- Melatonin for jet lag and sleep disorders
- Valerian (*Valeriana officinalis*) for sleep disorders

Neuroprotection

Generally Safe

- CDP choline as a possible neuroprotectant
- Folate as a possible neuroprotectant
- Omega-3 polyunsaturated fatty acids (fish oil) as a possible neuroprotectant
- Rhodiola (*Rhodiola rosea*) as a possible neuroprotectant
- S-Adenosyl-L-Methionine (SAM-e) as a possible neuroprotectant

Minor to Major Side Effects

- Ginkgo (*Ginkgo biloba*) as a possible neuroprotectant

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