Should I take ADHD meds? And which one(s)?

Example conversation based on a real world thing that happens:

I could trade you,
I got generic Wellbutrin that didn't work for me, generic Adderall, generic Strattera, and generic Seroquel that I take "off label" for insomnia.
I also have THC gummies, melatonin never works for me, sativa can overwhelm me but also mushrooms well… That's another conversation for another day

Well you could try some of mine but you're not going to sell it are you? JK… But seriously, I get more than I need in case me or someone else needs a backup supply.

I've got my questions, I'm looking for answers, cut to a straight answer

Do you know what you want?

Kindof... Do I have to?

At this point I'm totally fine if I lived 10 years less due to the medication's side effects, I've been doing research obsessively on risks/effects/interactions, the meds will help me show up to therapy, coping tools aren't enough, I exercise 3 hours a day, and I'm a fan of ALL of these healing modalities listed and could probably advocate for myself pretty well if I get a doctor who sets off red flags.*

Do you have healthcare?

No...

DM me, I can try to help walk with you if you get stuck.

Yes

Do I need it?

Some meds require an official diagnosis so... Depends

Do you want an alternative to SSRIs?

1. Psychotherapy
2. St. John's Wart
3. Exercise

Have you ever considered asking

A. Your body's intuition (somatic therapy)

B. Friends who self identify as neurodivergent where some take meds and some don't

C. The Peoples Pharmacy website (not WebMD… or ADD-ittude magazine)

That seems like too much to look into right now, are you a Scientologist that's anti-meds or something?

No...

A response to binary thinking

Are you just hoping that meds will make life less miserable and you could be as productive as you know you can be?

Do you have money?

Yes

Do you have time?

Yes

Definitely make an appointment even if it's just ask questions, but also look out for…

No

No

Not sure...

Probably not what you want to hear, but it can take at least two months just trying to get an appointment or an answer...

Some people even go on regular cleanses to retain dose efficacy

Are you excited by the prospect of placebos?

No, that stuff doesn't work on me, especially if I know it's a placebo…

Wait? Why do placebos work?

Yep, and I know this is how most antidepressants work and that it doesn't matter which one because they all work equally well

Fine print: I'm not a licensed doctor, all drugs have risks, assuming you understand informed consent…

We got SSRIs, MAOIs, and NDRIs
TRY [insert sponsor here!]
Along with yoga, a therapist to trust, and don't quit your day job…

HA! Doesn't matter, placebos are boosted by:

- A safe/trusting Therapeutic Relationship
- Feeling Good
- Classical Conditioning

RED FLAGS

- Dismissive / not listening / not supportive of what you want to try and for how long
- doesn't equally go into the dangers of coming off meds / or forgetting to take meds / or long-term side effects of meds
- Quick to to denounce all drugs or placebos or pleasure or prescribes quickly to keep you moving and onto the next patient
- please in heavily on the 'Dopamine Deficiency' Myth and the only metrics that seem to matter are focusing better in school or at work
- tells you to either look up or not get too caught up in reading the side effects online

GREEN FLAGS:

- has patients that have wanted to wean off of meds and can help develop plans with you
- understands mistrust of medical authority and on a personal level got into their field for social justice reasons
- Open to learning how you manage without your friends and community and can speak to what is frustratingly not studied
- follows either @QueerVengeance, @DrDevinPrice, @WokeScientist, or reads up on peer support groups and helping people understand what studies/data actually show
- Has ever side-stepped pathology by using terms like: "Neurotype", "Psychosocial Model", "...that works for you..."