



# Celexa for anxiety online prescriptions

Celexa (citalopram) is a selective serotonin reuptake inhibitor (SSRI) and antidepressant medication that's FDA-approved to treat major depressive disorder (MDD) in adults. It may curb anxiety symptoms too.

If you're looking for the right anxiety treatment for your symptoms, the best place to start is by seeing a licensed healthcare provider. Do that right here on Klarity Health. You can often get an appointment in as little as 24 hours.\*

[Learn more](#)



Providers on Klarity Health are independent practitioners with clinical autonomy; a diagnosis, treatment, or prescription is not guaranteed.

[About Celexa](#)

[How Celexa works](#)

[Approved uses](#)

[Celexa for anxiety](#)

✓ Medically reviewed by [Dr. Paul Hetrick, PharmD](#)

## What is Celexa?

Celexa (citalopram) is a selective serotonin reuptake inhibitor (SSRI), a class of anti-depressant medications. It was U.S. Food and Drug Administration (FDA)-approved to treat major depressive disorder (MDD) in adults in 1998. Generic citalopram was first FDA-approved in 2004.

While not FDA-approved for anxiety and other mental health disorders, it's commonly prescribed off-label (for something it's not FDA-approved for) to treat generalized anxiety disorder (GAD), social anxiety disorder, and other anxiety-related and mental health conditions. A healthcare provider can legally prescribe a medication off-label if they think it will help someone.

In a small study of 13 patients in 2002, after 12 weeks on Celexa, all 13 had full or partial improvements in GAD symptoms. Improvements were based on the Hamilton Rating Scale for Anxiety (HAM-A), Hamilton Depression Rating Scale (HAM-D), and Clinical Global Impressions of Severity (CGI-S; at baseline) and Improvement (CGI-I). Some study participants hadn't had relief from other treatments, including other SSRIs.

Case studies show that Celexa may also help with social anxiety disorders, such as social phobia.

The active ingredient in and generic name for Celexa is citalopram. A salt form called citalopram hydrobromide is also available and is the same medication. Hydrobromide is a stabilizer that doesn't affect the therapeutic effect.





## How does Celexa for anxiety work?

SSRIs, like Celexa, work by causing serotonin reuptake inhibition. That's a fancy way to say they increase the levels of serotonin in the brain by decreasing it from being re-absorbed (reuptaken) into the brain's neurons (nerve cells). Serotonin is a neurotransmitter or chemical messenger that affects mood regulation. With more serotonin available to the brain, someone may experience a better mood, less anxiety, an improved feeling of calm, and fewer symptoms of depression.

People on Reddit and other platforms typically report positive experiences and a reduction in anxiety symptoms on Celexa.

Relief for anxiety symptoms when using Celaxa isn't as immediate as it can be with other medications, like Xanax. SSRIs can take 2 or more weeks before full therapeutic effects are felt.



## Who can use the Celexa?

Celexa and generic citalopram are FDA-approved to treat major depressive disorder (MDD) in adults — typically someone 18 and older.

While not FDA-approved for anxiety disorders, Celexa is commonly prescribed to treat them. It's also used off-label to treat obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), panic disorder, premenstrual dysphoric disorder (PMDD), chronic pain, and eating disorders.

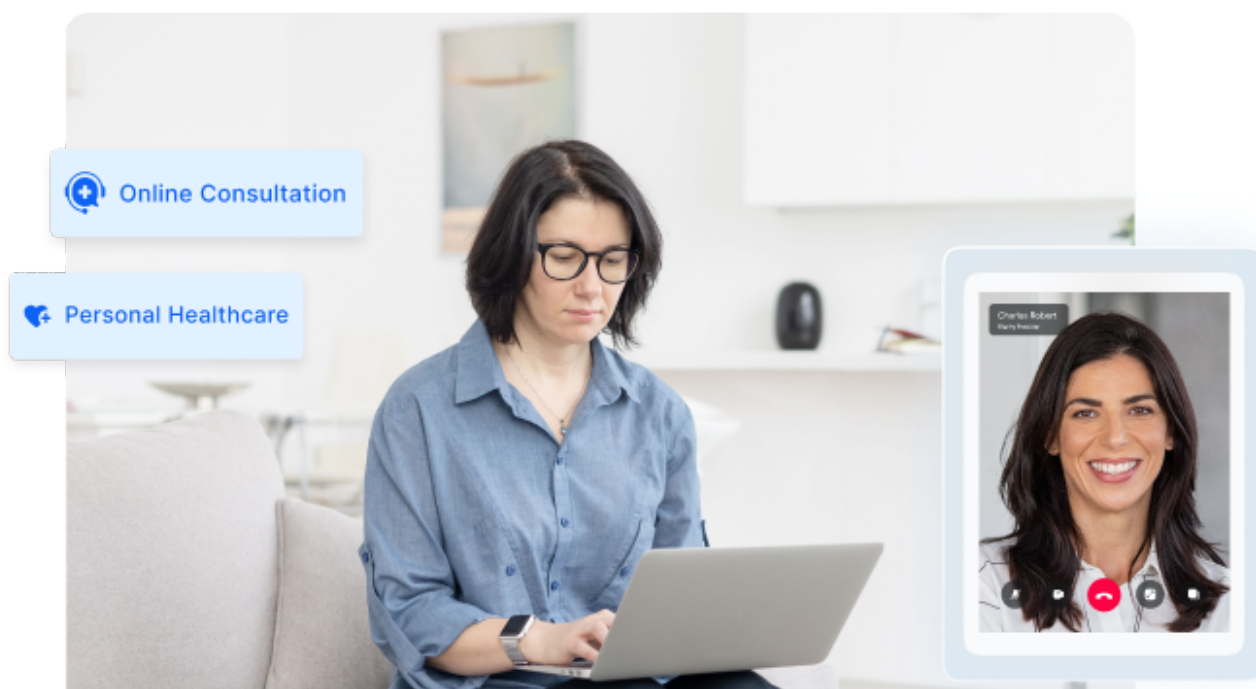
## How to get a Celexa for anxiety prescription online

Celexa and citalopram are prescription medications. You can only get a prescription from a licensed healthcare provider such as physician assistants/associates (PAs), nurse practitioners (NPs), psychiatric nurse practitioners (PMHNPs), or physicians or psychiatrists (MDs).

You can see a licensed provider online or in person. If you have a previous diagnosis, they can write you a prescription for Celexa or citalopram if they think it's a medically necessary part of an [anxiety treatment](#) plan for you. If you don't have a diagnosis, they can assess you for an anxiety disorder and create a treatment plan.

If you need a provider for help with anxiety, you can find one on Klarity Health and often have an appointment in as little as 24 hours.\* Providers on [Klarity Health](#) are committed to patient-centered care. And on Klarity Health, you don't need insurance and will never run into hidden fees.

Learn more





## Celexa dosages and how to use the Celexa

Celexa and generic citalopram come as a tablet in 10-, 20-, and 40-milligram strengths. Generic citalopram also comes as a 30-milligram capsule. A peppermint-flavored oral solution is available as a 10-milligram/5-milliliter liquid.

Your provider should screen you for bipolar disorder before you start Celexa if you haven't been screened before.

Your provider will typically have you start with 20 milligrams of Celexa a day. You can take it with or without food. They may have you increase to 40 milligrams a day after at least a week if needed. Doses higher than 40 milligrams a day aren't recommended because Celexa can cause QT prolongation, which is when the heart pauses longer than normal between heartbeats. And for some people, including people over 60, people with liver impairment, or who metabolize CYP2C19 poorly, the highest recommended dose is 20 milligrams a day.

If you've taken a monoamine oxidase inhibitor (MAOI) antidepressant in the last 14 days, you shouldn't start Celexa. Nor should you start an MAOI until you've been off Celexa for at least 14 days.

If and when you need to stop Celexa, your provider will work with you to do so gradually to avoid discontinuation syndrome, which can have serious side effects.





## Why choose an anxiety provider on Klarity Health



### Appointments in as little as 24 hours\*

with a licensed, board-certified healthcare professional.



### Anxiety medication prescribed online

or off through treatment tailored to you.\*\*



### Therapy for anxiety

online or in person and that's supportive and comes with no hidden fees.

\*\*Your provider will discuss treatment options with you, which may or may not include medication and/or therapy. If both therapy and medication are recommended, you'll see a different provider for each service.

## Side effects of Celexa

The most common potential side effects people have when taking Celexa or citalopram are fever, muscle aches and pain, agitation, swelling of your sinuses, joint stiffness, not feeling hungry (anorexia), nausea, and yawning.

More serious side effects can include, but aren't limited to, heart rhythm problems, such as changes in heart rate or beat; serotonin syndrome, which can be life-threatening; an increased risk of bleeding; manic episodes; seizures; angle-closure glaucoma; low sodium levels; sexual problems; and discontinuation syndrome.

Celexa also has an FDA-boxed warning for the risk of suicidal thoughts and behaviors in pediatric and young adults.



Before you take Celexa or any medication, talk to your provider or pharmacist and read the medication guide so you understand all side effects, warnings, contraindications, and drug interactions.

If you use Celexa or generic citalopram and have any side effects, work with your provider and consider reporting negative side effects to the FDA by visiting MedWatch or calling 1-800-FDA-1088.



### **What does Celexa for anxiety cost?**

On drugs.com and with the drugs.com discount, 100 tablets of brand-name Celexa cost between \$956 to \$1,040 depending on the dosage strength.

For generic citalopram, 30 oral tablets cost from \$12 to \$32 depending on the dosage strength. 30 30-milligram capsules cost \$178. And the oral suspension costs \$48 for a 240-milliliter bottle.

If you use insurance, your insurance company may prefer you get the generic or make you pay a higher co-pay if you choose brand-name Celexa.

With or without insurance, you can use sites like drugs.com, GoodRX, Singlecare RX, WellRx, or NeedyMeds to save as much as 80% on your cost. If the discounted cost is higher than your insurance co-pay, you'll still pay your full copay amount though.

## How does Celexa compare to other anxiety medications?

The FDA has approved 40 different prescription medications to treat anxiety. And there are at least 30 medications commonly prescribed to treat anxiety off-label. Which medication, if any, will work best for your anxiety symptoms depends on your medical history, current medical status, how well you respond to a medication, and more.

The types of medication a provider might recommend for anxiety fall into a few main drug classes, specifically:

- **SSRIs** include [Zoloft](#) (sertraline), Prozac (fluoxetine), Lexapro (escitalopram), and Paxil (paroxetine), which all work similarly to Celexa.
- **Serotonin and norepinephrine reuptake inhibitors (SNRIs)** like [Pristiq](#) (desvenlafaxine), Effexor (venlafaxine), and Cymbalta (duloxetine), which work on serotonin receptors like SSRIs, but also block the reuptake of norepinephrine to help improve focus and energy and reduce anxiety.
- **Benzodiazepines**, or benzos, like [Xanax](#) (alprazolam), Klonopin (clonazepam), [Valium](#) (diazepam), and Ativan (lorazepam) that bind to gamma-aminobutyric acid (GABA) receptors in the brain to enhance GABA and reduce the activity of neurons to help slow the brain down, reduce physical symptoms of anxiety, and help you relax.
- **Beta-blockers**, like Inderal (propranolol), affect adrenalin to reduce the flight-or fight-response and may be used off-label to reduce the physical symptoms of anxiety.
- **Other medications** like Buspar (buspirone) and hydroxyzine. [Buspar](#) is a unique anti-anxiety medication with a lower risk of sedation. Hydroxyzine is an antihistamine that can also have anti-anxiety effects but that also causes drowsiness.

Some medications work well for one person and not for another, including medications within the same class. The best way to find out which anxiety medication and treatment plan is best for you, if any, is to talk to a provider who specializes in treating anxiety and who can help you find one that works for you, even if it takes trying a few.

Learn more about:

[Celexa vs Zoloft](#)

[Lexapro vs Celexa](#)

[Prozac vs Celexa](#)



Any medication can have side effects. SSRIs and SNRIs common side effects include nausea, headaches, dry mouth, dizziness, decreased appetite, excessive sweating, sexual dysfunction, insomnia, and anxiety. Benzodiazepines commonly cause drowsiness, confusion, dizziness, memory problems, slurred speech, and physical dependence, while beta-blockers typically cause fatigue, cold hands/feet, dizziness, slow heartbeat, sleeping difficulties, and shortness of breath, particularly during exercise. Buspirone commonly causes dizziness, drowsiness, headache, nausea, nervousness, and lightheadedness. Hydroxyzine can cause sedation, dry mouth, blurred vision, confusion, and coordination problems.



## With Klarity Health, you're in good company

Reviews from real patients who received treatment from healthcare providers on Klarity Health.

**Excellent** ★★★★★ based on **0** reviews

★REVIEWS.io

## How Klarity Health works

1

### Choose the right provider for you

Providers on Klarity Health are licensed, board-certified, and offer a personalized approach to your unique anxiety treatment needs. See detailed profiles for each provider and find an approach that's best for you. (Costs for treatment options may vary.)

2

### Have your initial patient visit

Your journey to reduced anxiety symptoms starts with an initial consultation. Your provider will work with you to recommend the anxiety treatment plan for you and that may or may not include prescription medication and/or therapy.

3

### Work with your provider on your progress

Your initial anxiety consultation is just the beginning. You and your provider will follow up to make sure you're doing okay and are reaching your goals. You stay on track with ongoing support from your provider(s) and medication refills if needed.

4

### Access 24x7 support from Klarity Health

If you have questions or need assistance, the Klarity Health Patient Support team is there to help. Along with your provider, they're committed to making sure you have the best care and support throughout treatment.

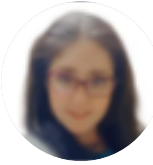
## Book an appointment with anxiety experts

Klarity Health connects you with experienced, licensed providers who specialize in anxiety treatment. Select your state to see available providers.

Select a state



## Top-rated providers available for you



**Amethyst Maxey, FNP-CAPRN**

Specializes in Psychiatry, Mental Health

★ 4.98



**Sawyer Flandreau, FNP-BC**

Specializes in Family Medicine, Mental Health

★ 5.0



**Derek Timbs, FNP-BC**

Specializes in Weight Loss, Preventive Medicine

★ 4.96



**Margaret Gallagher, PhD, FNP-BC**

Specializes in Weight Loss, Mental Health

★ 5.0



**Kate Graen, PA-C**

Specializes in Psychiatry, Mental Health

★ 4.96



**Ernest Emery, AGACNP-BC**

Specializes in Psychiatry, Internal Medicine

★ 5.0

[See all anxiety providers](#)

## FAQs about the Celexa for anxiety

How long does it take Celexa to work for anxiety?



What does Celexa do for a person?



Is Celexa similar to Xanax?



Is citalopram energizing or sedating?



What is the best thing to take for anxiety?



What is an instant anxiety relief?



## Learn more about Celexa, anxiety, and anxiety medications

### Anxiety articles

[Anxiety treatment](#)

[Anxiety medications list cheat sheet](#)

[Celexa vs Zoloft](#)

[Lexapro vs Celexa](#)

[Prozac vs Celexa](#)

[Non-addictive anxiety medication](#)

[What is debilitating anxiety?](#)

[How to calm down anxiety: top 11 strategies for relief](#)

[Alternatives to anxiety medication](#)

### Anxiety medications

[Atenolol](#)

[BuSpar](#)

[Gabapentin](#)

[Prozac](#)

[Valium](#)

[Wellbutrin](#)

[Xanax](#)

[Zoloft](#)

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## Sources



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## How we reviewed this article



*\*Appointments are generally available within 24 hours. Free initial consultations are available only with select providers. Prescriptions, particularly for controlled substances, may require an in-person evaluation depending on the state of residence and current federal regulations.*

*The information provided in this article is for educational purposes only and should not be construed as medical advice. Controlled substances may not be appropriate for all patients and any mention of these medications is for educational purposes only, not for marketing or encouraging self-diagnosis. Always seek the guidance of a qualified healthcare professional with any questions or concerns you have regarding your health. Providers on Klarity Health are independent practitioners with clinical autonomy. Nothing in this article is intended to diagnose or treat any condition, including guaranteeing prescription medication of any kind or dosage. Not all providers on Klarity Health prescribe all medications, particularly medications that are controlled substances.*

*If you're having a mental health crisis or experiencing a psychiatric emergency, it's crucial to seek immediate help from a mental healthcare professional, such as a psychiatrist, psychologist, or therapist. You can also call your local emergency services, visit your nearest emergency room, or contact a crisis hotline, such as the National Suicide Prevention Lifeline, by calling or texting 988 or dialing the Lifeline's previous phone number, 1-800-273-TALK (1-800-273-8255) in the U.S.*



All professional services are provided by independent private practices via the Klarity technology platform. Klarity Health, Inc. does not provide medical services.

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## PATIENT RESOURCE

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and Service Policies

Editorial standards

If you're having an emergency or in emotional distress, here are some resources for immediate help:  
Emergency: Call **911**. National Suicide Prevention Lifeline: call or text 988. Crisis Text Line: Text HOME to 741741.



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