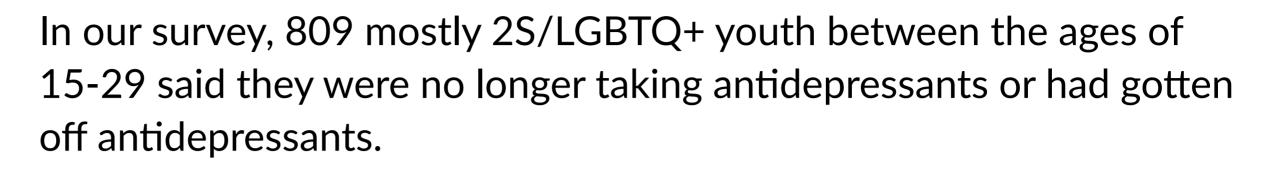
## Antidepressants & genital numbness









Antidepressants are medication people can take for many reasons, like depression. SSRIs and SNRIs are types of antidepressants. SSRIs and SNRIs have a lot of benefits but can also have adverse effects.



These effects can start while someone is taking their medication or after they stop. Some adverse effects can last for a long time or can permanently change sexual functioning. This can mean that the person is experiencing a condition called PSSD. PSSD stands for Post-SSRI/SNRI sexual dysfunction syndrome. One of the possible symptoms of PSSD is genital numbness. To learn more about PSSD, we surveyed 809 mostly 2S/LGBTQ+ youth between 15 and 29. We found that 13% of participants experience genital numbness after using SSRIs/SNRIs.

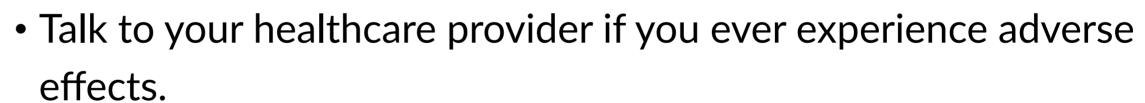


Although it is common, many people do not know about PSSD. Sadly, your healthcare provider might not know about PSSD as a harmful effect of SSRIs/SNRIs.



There a few things you can do:

• Ask your healthcare provider about the possible adverse effects of your medication.





- Know that there are many different types of antidepressants and you can ask for a different one.
- Share this resource with people who can benefit from it.

You can visit these websites to get more information and support:

- For PSSD: pssdnetwork.org, pssdcanada.ca, and rxisk.org
- To find gender-affirming help you can trust visit mindmapbc.ca
- To find more about our study visit unacorn.ca

**Source:** Pirani Y, Delgado-Ron JA, Marinho P, Gupta A, Grey E, Watt S, MacKinnon KR, Salway T. Frequency of self-reported persistent post-treatment genital hypoesthesia among past antidepressant users: a cross-sectional survey of sexual and gender minority youth in Canada and the US. Soc Psychiatry Psychiatr Epidemiol. 2024 Sep 20. doi: 10.1007/s00127-024-02769-0. Epub ahead of print. PMID: 39302425.

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<sup>\*</sup>We included past users of psychiatric drugs and excluded those who had reported surgeries involving the genital area, including hysterectomy, and participants without sexual experience.

<sup>\*\*</sup> Variables: Sedatives, antipsychotics, gender-affirming hormone treatment, age, sex, and PHQ-9 Category.