

Medicines Use Review request

I would like to have a Medicines Use Review to discuss my antidepressant medication

Name:.....

Address:.....

GP practice:.....

My telephone number:.....

Convenient time to call me (days, times):.....

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Further sources of information

For more information about the **Rightsteps** service:

http://www.bristol.nhs.uk/Patients/All_Services/MentalHealth/Rightsteps/default.asp

Speak to your doctor if you are interested in being referred

Depression Alliance

Provide information, support and understanding to those who are affected by depression.

Tel: 0845 123 23 20.

Web: www.depressionalliance.org

Saneline

Saneline is a national out of hours telephone helpline providing information and support for anyone affected by mental health problems including families and carers.

Tel: 0845 767 8000. Web: www.sane.org.uk

The British Association of Behavioural and Cognitive Psychotherapies (BABCP)

They have a series of pamphlets (available for a small charge) which provide information about frequently encountered problems including Anxiety, Depression, Schizophrenia, Insomnia, Bipolar Disorder and Social Phobia.

Tel: 01254 875277. Web: www.babcp.com

Useful links

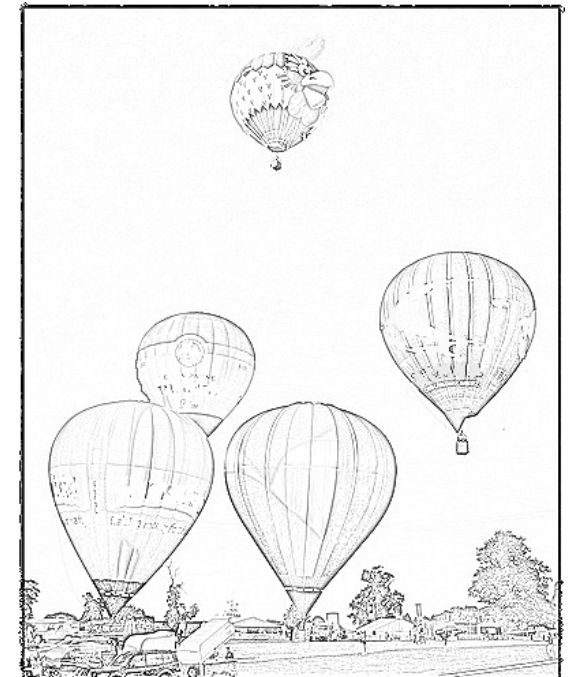
<http://www.netdoctor.co.uk/depression/index.shtml>

<http://www.patient.co.uk/health/Depression.htm>

<http://www.livinglifetothefull.com/>

<http://www.challengingdepression.co.uk>

**Prescribed an
antidepressant?**



**Advice and help is
available**

Antidepressants... why take them?

Symptoms of depression

When you are depressed, you may be having problems sleeping, poor concentration, loss of energy, feelings of guilt, irritability, headaches and palpitations, as well as low mood and sadness.

Taking medicine to improve your symptoms

If your doctor decides that you have symptoms of moderate or severe depression, they may suggest that you take a course of antidepressant medicine.

Depression is different to being unhappy, sad or fed up, as we all feel like that sometimes. Depression is an illness that can affect your general health, and make it more difficult to cope with any other health problems that you have.

Whether depression starts with a personal problem, a sad event, or for no reason at all, antidepressants can treat the symptoms of depression, whatever the cause. By taking antidepressants you are twice as likely to improve your symptoms, compared to no treatment. Once you are feeling better, you will be more able to cope with any problems you have, and get the best from any talking therapies that are available for you.

Things to remember when starting a course of antidepressants

- They take a while to work – usually three to four weeks before you can tell if they are working or not. Try to stick with it if you can

- Most side effects start right away, so you may feel worse before you feel better. It is common to feel sick, or have headaches but this usually passes within a few days
- Very rarely some people feel very anxious or restless, or have suicidal thoughts – if this happens you must get in touch with your GP practice straight away and take their advice
- Be careful if driving or drinking alcohol, especially at the beginning of treatment. Alcohol could be making your depression worse, so try to cut back on your drinking if you can
- Once you start to feel better, keep taking the medicine. It usually takes at least six months to get the full benefits of treatment
- When you get to the end of your course, you will need to reduce your dose gradually, as instructed by your doctor
- When you are feeling better, don't forget to do all the things that will help you stay well – take more exercise, eat healthily, meet up with friends and family

Psychological therapies such as cognitive behavioural therapy have been proven to be very effective in treating depression.

Rightsteps are a Bristol based service offering a range of psychological interventions for people experiencing anxiety and depression. If you have not already done so you may wish to discuss a referral to the Rightsteps service with your GP.

How can your pharmacist help?

- Your pharmacist can answer any questions you have about your medicines – you can ask to speak to them in the pharmacy, or ring the telephone number on your medicine label
- Your pharmacist may be able to offer you a **Medicines Use Review**, which is a chance to discuss your treatment in more detail, either in the Pharmacy Consultation room, or by telephone if more convenient for you. If you would like to arrange this, please fill in the form on the reverse and drop it in at your chosen pharmacy.

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