**Village Health Group**

**MEDICATION LEAFLET**



**Guidance for the illness of depression**

**Resources for people with depression**

**Self-help and support groups** 

* There are self help and support groups available for people with depression.
* It can be helpful to meet with other people who understand what it's like. This is sometimes called peer support.
* Information can be found here:
* <https://www.nhs.uk/mental-health/conditions/clinical-depression/support-groups/>
* MIND — [www.mind.org.uk](http://www.mind.org.uk)
* Depression Alliance — [www.depressionalliance.org](http://www.depressionalliance.org)
* Depression UK — [www.depressionuk.org](http://www.depressionuk.org)
* Mental Health Foundation — [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
* Samaritans — telephone helpline: 08457 90 90 90
* SaneLine: telephone helpline: 0845 767 8000. Open from 6pm to 11pm every day of the year

**Self-referral for therapy/talking treatments** 

* + - Your GP will discuss talking treatments with you
		- The website where you can self-refer is found here: <https://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing>
		- Or you can email: letstalknottingham@nottshc.nhs.uk
		- Or call: 0300 3002200

 **What to do in a crisis** 

* If you have thoughts about hurting yourself, or feeling like you want to die, it is **VERY IMPORTANT** to tell someone and you can show them this leaflet. It is best not to be left alone and people around you can set up a support network to stay with you during this period of time whilst you are waiting for your medication to work.
* Help and support is available right now if you need it. You do not have to struggle with difficult feelings alone.
* These free helplines are there to help when you're feeling down or desperate.
*  **GP Name and emergency phone number**

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* **Crisis Line** number for people living in Nottinghamshire 0808 196 3779 
* **Childline** (for people under 19) 0800 1111 
* **CALM** 0800 58 58 58 
* **Samaritans** 116123 
* “**SHOUT**” If you don’t want to talk to someone, text lines are open 24 hours a day Text “SHOUT” to 85258 
* Talk to someone you trust
*  Let family or friends know what's going on for you. They may be able to offer support and help keep you safe (**give them this leaflet to read**).
*  There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.
*  Speak to your GP (ask for an emergency appointment) or 111 out of hours

 **Depression** 

Depression effects many different people of all different ages regardless of their personal circumstances. It can be extremely frightening and you may feel very lonely. There are many ways of treating depression and medication is just one of the ways to control the affects of depression. It is very important that people around you know of your illness so they can support you. Some people find it very hard to speak of their depression but you will be surprised of how many people have suffered from depression at some stage in their life.

**Information about antidepressant medication and its side effects**

* The medication you have been prescribed can take up to 4 weeks before your symptoms start to improve.
* You can initially feel more anxious, or nauseous but this will eventually pass.
*  Some people experience suicidal thoughts when first starting antidepressants. If this happens it is **VERY IMPORTANT** to tell your family and friends or someone you trust. You must also phone the GP (number given) so they can help you. If the GP is not available and you need help straight away, you can seek medical help from a hospital or speak to a professional who can help you (there is information on “what to do in a crisis” below).
* Antidepressants should be taken for at least 6 months after you’re feeling better to reduce the risk of the depression reoccurring.
* Antidepressant medications are not addictive.
* If you stop taking antidepressants suddenly, miss doses, or do not take the full dose, you may experience “discontinuation” symptoms. These can include restlessness, problems sleeping, unsteadiness, sweating, abdominal symptoms, altered sensations (for example electric shock sensations in the head), or altered feelings (irritability, anxiety, confusion).
* Discontinuation symptoms which happen when stopping or reducing antidepressants can be mild or self-limiting. People's experience can vary a lot, with symptoms lasting much longer (sometimes months or more) and being more severe for some patients.
* Some antidepressants potentially have sedating effects, and may affect the person's ability to drive. This effect is likely to be greatest in the first month after starting treatment or after increasing the dose. The Driver and Vehicle Licensing Agency (DVLA) advises that people should not drive during this time if affected.
* More details can be found in the information leaflet inside your medication box or on the NHS website here: <https://www.nhs.uk/medicines/sertraline/>

**What to do in a crisis**