

Anti-depressants

Free Information and Advice



- Some people think that one way of getting rid of bad nerves is to take anti depressants.
- This helps some people but does not work for everyone.



It can be very hard to come off anti depressants

Coming off anti depressants

- Never stop taking your medication without talking to your doctor first
- Never stop taking it all at once. You must come off anti depressants gradually because you will get "withdrawal symptoms". This is when you feel ill, like a headache or a tummy ache, when you stop taking a medication.
- It can be very hard to come off anti depressants. You might have tummy problems, sleep problems, general discomfort, mood swings.

What to know about anti-depressants

Anti depressants are very hard to come off once you have started taking them

They take 2 to 4 weeks to work

You have to take them every day, at the same time

You cannot share the medications with family

You may get "side effects" – which is a word for other things that you feel when you start taking a medication, like feeling sleepy, a dry mouth etc.

You cannot drink alcohol on anti depressants

Ask your doctor if you can take anti depressants if you are pregnant



Useful numbers

Mind Info line 0845 766 0163
 Rethink 0845 456 0455
 Friends, Families and Travellers helpline 01273 234 888

Anti-depressants

Free Information and Advice



EMOTIONAL
WELLBEING



Friends Families and Travellers

For further information please contact

Friends Families and Travellers

Community Base

113 Queens Road Brighton

East Sussex BN1 3XG

Telephone 01273 234 777

Fax 01273 234778

VERSION 1

Published
March 2011

To be Reviewed
September
2013