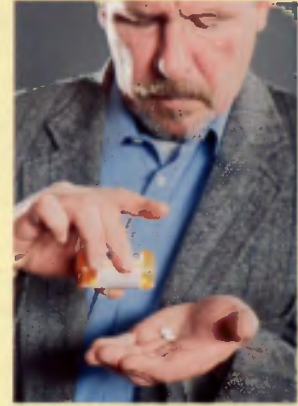


Mental Health & Learning Disabilities

Antidepressants

You might need antidepressant medicine if you have:-

- a moderate to severe depressive illness
- severe anxiety and panic attacks
- obsessive compulsive disorders
- chronic pain
- eating disorders
- post-traumatic stress disorder



You might need to take some medicine to feel better.

This medicine is called an Antidepressant. Doctors have used them to help people for a long time. They can sometimes take 4 to 6 weeks before they make you feel better.

There are 4 main types of antidepressant:-

1) Tricyclics

- These were the first to be discovered
- Still the most effective
- Commonly cause side effects, including serious ones
- Dangerous in overdose

2) MAOIs

- These are rarely prescribed
- They may interact with cheeses and other food

3) SSRIs

- These are most commonly used
- The list of side effects looks worrying but they usually wear off after a couple of weeks

4) Others

SNRIs

- The side effects are very similar to the SSRIs
- Venlafaxine can increase blood pressure

NASSAs

- The side effects are very similar to SSRIs
- They can make you drowsy, encourage weight gain and sexual problems

Antidepressants in common use:

	Medication	Trade name	Group	Comments
<input type="checkbox"/>	Amitriptyline	Tryptizol	Tricyclic	
<input type="checkbox"/>	Clomipramine	Anafranil	Tricyclic	
<input type="checkbox"/>	Citalopram	Cipramil	SSRI	
<input type="checkbox"/>	Dosulepin	Prothiaden	Tricyclic	
<input type="checkbox"/>	Doxepin	Sinequan	Tricyclic	
<input type="checkbox"/>	Duloxetine	Cymbalta, Yentreve	SNRI	
<input type="checkbox"/>	Fluoxetine	Prozac	SSRI	
<input type="checkbox"/>	Imipramine	Tofranil	Tricyclic	
<input type="checkbox"/>	Lofepamine	Gamanil	Tricyclic	
<input type="checkbox"/>	Mirtazapine	Zispin	NaSSA	
<input type="checkbox"/>	Moclobemide	Manerix	MAOI	
<input type="checkbox"/>	Nortriptyline	Allegron	Tricyclic	
<input type="checkbox"/>	Paroxetine	Seroxat	SSRI	
<input type="checkbox"/>	Phenelzine	Nardil	MAOI	
<input type="checkbox"/>	Reboxetine	Edronax	SNRI	
<input type="checkbox"/>	Sertraline	Lustral	SSRI	
<input type="checkbox"/>	Tranlycypromine	Parnate	MAOI	
<input type="checkbox"/>	Trazodone	Molipaxin	Tricyclic-related	
<input type="checkbox"/>	Venlafaxine	Efexor	SNRI	

Key:

- SSRI = Selective Serotonin Reuptake Inhibitor
- SNRI = Serotonin and Noradrenaline Reuptake Inhibitor
- MAOI = Monoamine oxidase inhibitor
- NaSSA = Noradrenergic and Specific Serotonergic Antidepressant

(Others listed in BNF 2012 include Agomelatine, Flupentixol, Fluvoxamine, Mianserin and Trimipramine)

Depression can make you feel:-



Depression can also make you feel like:-



you are very hungry



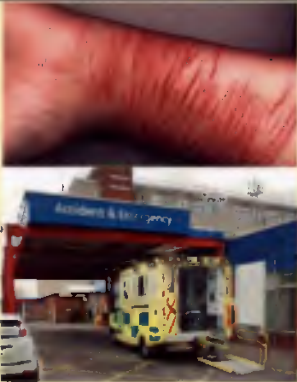
you do not want to eat



you want to get away



doing things you would not normally do



you need to hurt yourself



doing unhealthy things



There are lots of different types of antidepressant medicine to help you. Your doctor will talk to you about the medicine you need to help you feel better.

Do not drink alcohol



Side effects: This medicine might make you feel:-



dizzy



sick



shakey



restless /
can't keep
still



too sleepy



too awake to sleep

Side effects: This medicine might make you have:-



You might feel some of these things for a few days or weeks.

But some people do not feel any of these side effects and feel fine.



Tell your doctor straight away if your medicine makes you:-



get confused



find it difficult to have a wee



get high blood pressure

This Leaflet was produced by Professor Mohamed Abdel-Mawgoud and Nicky Chibah, Speech & Language Therapy Assistant, of Your Healthcare Community Interest Company. It was done in collaboration with the Royal College of Psychiatrists, UK. Contents were produced from College related leaflets, Easy to read leaflets of the Leicestershire Partnership NHS Trust 2010, 2gether NHS foundation Trust, Easy to read treatment plan by Unwin and Deb at University of Birmingham 2006, and the British National Formula 2012, and other related documents.

The Kingston Easy Info Group



says this is easy to read

This leaflet maybe helpful for

- 1) Carers / family
- 2) Service users / patients
- 3) Quality control monitoring of antidepressant use