

Me and my Medication



Medication for Mental Health



It is sometimes hard to understand why you are taking medication. For example, when someone is depressed, they may be given medication for their mental health.



There are four different types of mental health medication that may be given to you and you need to understand these:

- Antipsychotics
- Antidepressants
- Mood stabilisers
- tranquilisers



Remember, always ask if you are unsure about why you are taking medication and make sure you know how to take it. Ask your doctor, pharmacist, nurse or someone you trust, to tell you why and how you need to take these.



The medications can be very strong and might make you feel bad.

But it is still important to take them, so talk to your doctor about how they make you feel.



Do not stop taking your medication before speaking to the doctor. If you don't take the medication as you should, you may become unwell.



Ask your doctor, pharmacist, nurse or someone you trust, to tell you why and how you need to take the medication.



You can also ask your doctor to do a 'review' of your medication, this is to make sure you are taking the right medication or if something else might help you.



Ask someone you trust to help you if you need to.