

Prescribing Tip For Information

choice and medication[®]
information for people who use services, carers and professionals

The Choice and Medication© website offers patient information about **mental health conditions** and the treatment options available to help make informed decisions about choosing the right medication.





Lancashire & South Cumbria NHS Foundation Trust (LSCFT) has made this resource freely available to all Health Care Staff, carers and patients.

It includes: -

- Answers to the most commonly asked questions about mental health medicines.
- User-friendly printable unique handy charts to help understand and compare treatment options.
- Side effect comparisons for all mental health medicines.
- Information about mental health conditions e.g., anxiety, depression, dementia, bipolar, schizophrenia, insomnia etc.
- Handy factsheets (for patients) covering a range of topics e.g., stopping or coming off antidepressants, Z-hypnotics, benzodiazepines etc.
- Printable leaflets on each medicine, in a range of formats from easy-read, large-print to more standard styles and also available in a range of over 18 languages.
- Information about Drugs in Pregnancy.

Find out more about mental health conditions, treatments and medications.

Use the shortcuts below to go straight to information about a Condition or a Medication

Conditions 	Medications 
Printable Leaflets	Type a search term below
View our handy leaflets 	<input data-bbox="829 1541 1248 1603" type="text" value="Enter keyword(s)..."/> 

For access to this free resource, please click on the link below: -

<https://www.choiceandmedication.org/lancashirecaretrust/>

To contact the Medicines Optimisation Team please phone 01772 214302

If you have any suggestions for future topics to cover in our prescribing tips please contact Nicola.schaffel@nhs.net

All content accurate and correct on the date of issue of this tip.