**Mental Health Medication Review Form**

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_/\_\_\_\_\_\_\_/\_\_\_\_\_\_\_

Current Antidepressant/Anti-anxiety Medication Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Length of Time on Medication: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please return completed forms to gram.skeneadministrator@nhs.scot or hand them in at reception.

**Current Status Review**

1. Overall Experience with Medication

Happy with medication and want to continue current dose □

Not happy with medication and would like to discuss with GP □

2. Mental Health and Side Effects\*\*

How would you rate your mental health in the last 3 months?

Good □

Okay □

Poor □

Are you having any significant side effects from the medication?

Yes □

No □

3. Future Treatment Preferences

Continue current dose □

Would like to discuss changes with GP (including dose reduction or stopping) □

**Safety Check**

Thoughts of self-harm in past month? No □ Yes □

If yes, have you acted on these thoughts or feel you might act on them?

No thoughts of acting □

Yes, I've acted or might act □

**IMPORTANT**: If you're having thoughts of self-harm that you might act on, please get immediate help:

- Call 999 if you feel at immediate risk

- Call 116 123 (Samaritans, 24/7, free)

- Text "SHOUT" to 85258 for crisis support

- NHS urgent advice: 111

**Support Resources**

Looking after your physical health can significantly improve your mental wellbeing. Regular exercise, healthy eating, good sleep habits, and managing alcohol and caffeine intake all play important roles in maintaining good mental health. For comprehensive guidance on lifestyle factors that support mental health, visit: NHS Every Mind Matters: [www.nhs.uk/every-mind-matters/mental-wellbeing-tips](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nhs.uk%2Fevery-mind-matters%2Fmental-wellbeing-tips&data=05%7C02%7Ccatherine.stone1%40nhs.scot%7C386dd76992ed4051972208dd29710887%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638712287634200595%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=ZQX3qwnKMbakDVJKOqeBoBAfT0iDtKvsN1JMkhTqf1U%3D&reserved=0)

Mental Health Support

- Mind Infoline: 0300 123 3393, [www.mind.org.uk](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.mind.org.uk%2F&data=05%7C02%7Ccatherine.stone1%40nhs.scot%7C386dd76992ed4051972208dd29710887%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638712287634225368%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=GQk3VsB8%2Bbl21tTPus%2Fe3C%2FDotMch26%2Fzokrh4Ckp%2F8%3D&reserved=0)

- CALM: 0800 58 58 58 (5pm-midnight)

- Anxiety UK: 03444 775 774

- No Panic: 0300 772 9844

Online Resources

- Living Life to the Full: [www.llttf.com](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.llttf.com%2F&data=05%7C02%7Ccatherine.stone1%40nhs.scot%7C386dd76992ed4051972208dd29710887%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638712287634243237%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=JaMYN27kTA02Bo8btl82ESC7ssf22h4GHYnMhxhpX3I%3D&reserved=0) (Free CBT)

- NHS Grampian cCBT: [www.nhsgrampian.org/your-health/healthy-living/cCBT/](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nhsgrampian.org%2Fyour-health%2Fhealthy-living%2FcCBT%2F&data=05%7C02%7Ccatherine.stone1%40nhs.scot%7C386dd76992ed4051972208dd29710887%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638712287634257718%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=m5YkoxedqwuabCmGi9OtZK%2BxNpC46KJMRyYFufdKcIo%3D&reserved=0)

- Togetherall: [www.togetherall.com](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.togetherall.com%2F&data=05%7C02%7Ccatherine.stone1%40nhs.scot%7C386dd76992ed4051972208dd29710887%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638712287634272055%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=0NIkF0YAuMq7zs63WfCXSWalpT4LkaIqUv1ebA9i3Mo%3D&reserved=0) (NHS referral)

- Prevent Suicide App: [www.preventsuicideapp.com](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.preventsuicideapp.com%2F&data=05%7C02%7Ccatherine.stone1%40nhs.scot%7C386dd76992ed4051972208dd29710887%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638712287634286330%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=keSyAisBDVbgbCT0tFQxQH3LmqEzbfZts86GlDdRKic%3D&reserved=0)

 (Includes useful local resources, self-help materials, and tools for creating a safety plan)

**## Important Information**

**Please do not stop your medication suddenly as this can cause withdrawal effects. Always discuss stopping or changing your medication with your GP first.**

If you're happy with your medication, we will add it to repeat prescription with a 6-month review. If you would like to discuss at any time, please book a GP appointment, particularly if you:

- Have significant side effects

- Feel mentally unstable

- Want medication changes

- Have safety concerns

- Become unhappy with medication