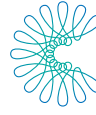


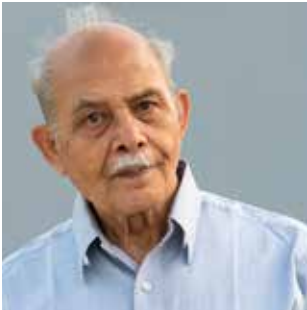
Antidepressant Review Clinic

NHS

Rotherham
Clinical Commissioning Group



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Why am I receiving this leaflet?

Our records show that you have been prescribed an antidepressant (Citalopram, Fluoxetine or Sertraline) for around the last two years or more.

You may now be thinking 'How long does a course of antidepressants last?' or 'Am I ready to come off antidepressants?'

NHS Rotherham Clinical Commissioning Group (CCG) would like to offer you access (via self-referral) to a new commissioned service, the Antidepressant Review Clinic.

What are antidepressants?

Antidepressants are medicines prescribed to help relieve the symptoms of depression.

There are several types available and currently the most commonly used for treating depression are Citalopram, Fluoxetine, and Sertraline which are all types of SSRI (selective serotonin reuptake inhibitor) antidepressant. SSRIs can help improve symptoms of depression including low mood, suicidal thoughts, poor concentration, loss of interest, lethargy, poor sleep and poor appetite.

SSRIs may also be prescribed for other reasons than solely for depression.



How can the Antidepressant Review Clinic help me?

For depression, once an antidepressant helps get you better, usually taking it for a further 6 to 12 months cuts the chances of becoming depressed again. It is important that you do not stop taking antidepressants suddenly and agree any changes with a healthcare professional first.

The clinic is to review antidepressants (prescribed for depression for two years or more) and help enable you to make the choice that best suits you, including the option to reduce/come-off your antidepressant in a planned and supported way.

During the appointment we will discuss ideas, options and suggestions.

What you choose to do is up to you. **No changes to your antidepressant will be made without your agreement.**

How do I access the clinic?

You can access review clinic without needing to contact your GP practice.

Due to the Covid-19 pandemic we are currently only able to offer virtual (online, video or telephone) appointments.

Self-refer by completing the Antidepressant Review Clinic form on the Rotherham Health App (sign-up via <https://info.rotherhamhealthapp.com>) or provide your contact details via the email/telephone details overleaf.



Need to get the Rotherham Health App?

You can download the Rotherham Health App by using the following links:



Do you have any questions or would you like further information?

Please contact the Antidepressant Review Clinic directly via the details below.

Antidepressant Review Clinic contact details

Email: roccg.mhmeds@nhs.net

Telephone number: 01709 851 837
(Monday to Friday from 9am to 4pm*)

* Excluding Bank Holidays

