

Medication prescribed by Child and Adolescent Mental Health Services (CAMHS)

Information for parents, carers and young people



Key points



Medication is the name for the medicine which you can take.



We would only give you medicine after we have tried other ways to help you get better.

As part of our treatment of young people, we sometimes offer medication to help them.

The decision to give medication is never made lightly. As a general rule, if there is another way to help then we would recommend that the other way is tried before medication is taken.

The young person or their parents will make the decision as to whether medication should be taken. This will depend on their age and their understanding of the potential risks and benefits. Medication is never given without permission.

Medication can be very effective in relieving symptoms and usually there are not too many side effects from it. More importantly it can be much easier to make a decision to start using medication than it can be to stop using it.

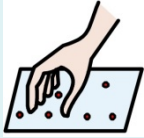
Although very few of our medications are physically addictive, they can be psychologically addictive, which means that you might feel like you need to keep taking them even if your body doesn't actually need to.

There are four main kinds of medication we tend to use:

- anti depressants
- anti psychotics
- sleep medication
- medication to target over-activity, inattention and impulsivity (ADHD).

Each of these categories of medication contains a number of different drugs, but within each category the drugs are often quite similar, with slightly different ranges of side effects, speed of action and other properties.

Key points



You do not have to take the medicine; it is your choice to take it after we have explained how it works.

Anti depressants

These are used to target symptoms of very low mood, where they are not thought to be caused by life circumstances. They can also be used in young people who have very high levels of anxiety, high levels of panic, or who have obsessive and compulsive tendencies.

Anti psychotics

These are sometimes offered where a young person has developed problems with psychosis, but are also used when mood is very intense or unstable. This kind of medication is probably the most serious in terms of side effects and our hope is for young people to be on them for as short a time as possible.

Sleep medication

Usually Melatonin, this is sometimes given where it has become clear that a more normal sleep pattern will cause a series of knock on positive effects for the young person during their waking hours.

Medication targeting ADHD

These can be incredibly effective at reducing levels of over activity, attention problems and impulse control problems, but if they are going to be taken, they usually need to be taken for quite long periods of time, since they are not curing anything, but are masking the effects of a brain wired in a different way.

The internet is full of information about the kinds of drugs that are used by child mental health professionals, some positive about it, some negative about it. The information sheets we use are found on the Solent NHS Trust choice and medication website which details each particular drug that is used, why it is used, what the side effects and risks might be, and what the benefits might be.

This can be found at www.choiceandmedication.org/solent

Young minds has also produced a great website full of information about the most common medications prescribed to young people.

www.youngminds.org.uk


Please tell us how you feel about the services we provide.

If you have a compliment, concern or complaint please contact the Patient Advice and Liaison (PALS) and Complaints Services on **0800 013 2319** or Snhs.solentfeedback@nhs.net
Alternatively, visit: www.solent.nhs.uk/contact-us

www.solent.nhs.uk

Widgit Symbols (c) Widgit Software 2002-2012 www.widgit.com

© Copyright reserved Solent NHS Trust

 **sign up today**


To become a member of Solent NHS Trust, please visit www.solent.nhs.uk/membership



Access to Communication

For a translation of this document, an interpreter or a version in

large print or  or 

please contact  **023 8082 5300**