

MENTAL HEALTH PROBLEMS - COMMON SYMPTOMS AND TREATMENTS

Stopping medication suddenly can be dangerous, medical advice should be sought before doing so. Carers are advised to inform the doctor or CPN of the person they care for if they realise this has happened; any side effects experienced should also be reported.

<i>Mental Health Problem</i>	<i>Drugs commonly used</i>	<i>Side effects</i>
<p>Schizophrenia Hears voices, can see, smell or feel things, has irrational beliefs/fears. Refuses food, sleep, company, going out, watching TV. Uses coded or odd language. Withdrawn, low energy, anxiety, self neglect, no awareness of own behaviour. Tends to sleep during day and active at night</p>	<p>Risperidone/Risperdal Sertindole/Serdolect Chlorpromazine/Largactil Trifluoperazine/Stelazine Olanzapine/Zyprexa Clozapine/Clozaril Flupenxithol/Depixol and Fluanxol Amisulpiride/Solian Quetiapine/Seroquel</p>	<p>Dry mouth/eyes, low blood pressure, constipation, irregular periods, impotence, muscular stiffness, restlessness, drowsiness, shaky hands, weight gain, emotional flatness, inability to think clearly and quickly, sensitive to light.</p>
<p>Anxiety attacks Panic attacks, eg sweating, increased heart rate and blood pressure, dizziness, breathlessness. Pins and needles, headaches, irritability, poor concentration, forgetfulness, over-alertness, jumpy, fears collapse or death, avoids trigger situations, sleeplessness, constant tiredness.</p>	<p>Diazepam/Valium Buspirone/Buspar Zopiclone/Zimovane Chlordiazepoxide/Librium</p>	<p>Drowsiness, dizziness, headache, stomach upsets, skin rashes, low mood, apathy, disinhibition.</p> <p><i>These drugs are usually prescribed for a short time only, as they are likely to cause withdrawal/addition problems if used for longer than eight weeks.</i></p>
<p>Eating distress Eating brings on feelings of anxiety, guilt, fear of being fat. Some people will avoid eating, some will vomit after eating, others will become obsessed with eating particular foods. Other symptoms include sleep problems, avoiding mealtimes, weight loss, over-eating, fascination with food/cooking/diets, over-activity, irregular/missed periods, low blood sugar, bad teeth, digestive problems.</p>	<p>Chlorpromazine/Largactil Paroxetine/Seroxat Fluoxetine/Prozac</p>	<p>Dry mouth, blurred vision, weight gain, stomach upsets, tremors, sensitivity to light, dizziness, drowsiness. Nausea, headaches, stomach problems, dry mouth, nervousness, sleeplessness.</p>

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<p>Manic depression (Bi-polar disorder) Becomes extremely excitable, overactive, overly talkative, euphoria, impulsive, self important, impatient, irritable, sleeplessness, irrational beliefs, may give away money or possessions for a time. Followed by a marked swing into a depressive phase before returning to a more usual stable mood.</p>	<p>Lithium Carbonate or Citrate/Priadel or Litarex or Camcolit Carbamazapine/Tegretol</p>	<p>Sweating, headaches, dry mouth/eyes, weight gain, gastric upsets, thirst, nausea (can become toxic without adequate fluids), tremors, skin rashes, light sensitivity, dizziness, drowsiness. Confusion, agitation and visual disturbances.</p>
<p>Depression Sleep problems (eg early wakening, broken sleep), negativity, hopelessness, guilt, worthlessness, loss of humour, low self esteem, poor appetite, self neglect (eg personal hygiene), low energy, worried about health, tearful, withdrawn, apathetic, nightmares. Some people may become angry, irritable and feel victimized. Post Natal Depression often occurs about 6 months after the birth; at times it can be quite severe and require time in hospital.</p>	<p>Paroxetine/SeroxatVenlafaxine/EfexorLofepamine/GamarnilCitalopram/CipramilSertraline/LustralDothiepin/Prothiaden</p>	<p>Nausea, headaches, constipation, difficulty or frequency in urinating, sweating, tremors, skin rashes, weight gain, dizziness, sleeplessness, nervousness, nightmares, agitation.</p>
<p>Obsessive Compulsive Disorder Washing/cleaning excessively, fears contamination/harm to self or others. Anxiety increases if stopped from performing rituals, constantly thinking about the same thing, sense of guilt/shame, low self esteem, can become depressed if OCD takes over their life.</p>	<p>Clompiramine/Anafranil Fluvoxamine/Faverin Paroxetine/Seroxat</p>	<p>Nausea, headaches, constipation, difficulty or frequency in urinating, sweating, tremors, skin rashes, weight gain, dizziness, sleeplessness, nervousness, nightmares, agitation.</p>

<i>Mental Health Problem</i>	<i>Drugs Commonly Used</i>	<i>Side Effects</i>
<p>Personality Disorder Long term presentation of behaviour which makes it difficult for a person to (for example) work, learn from past experiences, or to sustain relationships. May be suspicious, jealous, impulsive, paranoid, mistrustful, phobic, fear being alone or being controlled, leading to manipulative or dependent behaviour. There may be difficulty in expressing negative feelings maturely, mood may alter quickly. Vulnerability to substance abuse, which may be a way to block out painful thoughts or feelings; or self-harm, as a way of relieving emotional pain.</p>	<p>Any drugs used will be to treat episodes of depression, anxiety, sleep problems etc. Long term therapy has been found to significantly help people with less severe disorders.</p>	