



MY PRESCRIPTION SAFE PLAN[®]

www.theolliefoundation.org

MY PRESCRIPTION SAFE PLAN

A **prescription safe plan** is a brief document that aims to ensure:

- You are aware of the side-effects of your medication
- You feel happy to progress with your treatment
- You are confident in what you should do, if you experience any side-effects.

Your healthcare provider will discuss all this with you, including:

- The potential side-effects that some patients experience
- When to seek help or advice
- Who to contact if you should experience a deterioration in your physical or mental health after starting a new medication.

A prescription safe plan is based on the idea of a safe plan. A safe plan is a longer document that creates a personalised strategy to help someone stay safe when their mental well-being declines, especially when experiencing suicidal thoughts. You can download one by scanning this QR code:



MY PRESCRIPTION SAFE PLAN

Date: _____

This page covers the conversation your healthcare provider will have with you about your medication. Ideally, you will complete this with them, ticking the boxes as you cover each point.

I have discussed the following with my healthcare provider, having been prescribed a medication that lists suicidal thoughts as a side-effect.

- | | |
|--|---|
| <input type="checkbox"/> I understand that all medication has side-effects, and while my medication may be very effective, most users experience some side-effects ranging from mild and manageable to more problematic. | <input type="checkbox"/> I understand the importance of seeking immediate medical guidance in the unlikely situation I experience such severe side-effects. My healthcare provider may need to promptly adjust my medication or dosage. |
| <input type="checkbox"/> I understand that initial improvements may not be noticeable, and I might even experience temporary side-effects like nausea or a slight worsening of symptoms at the start of treatment. | <input type="checkbox"/> I understand I shouldn't stop taking this medication unless advised by my prescriber, as stopping suddenly can also cause issues. |
| <input type="checkbox"/> I understand that a small number of patients can feel much worse, and some can even experience suicidal thoughts. | <input type="checkbox"/> I will talk to a trusted friend or relative about starting this medication and the possible side-effects some patients experience. |

My prescriber today was: _____

Remember, should you feel worse after starting your medication, and especially if you experience suicidal thoughts, it is vital you speak with your health team so they can consider if it is a side-effect of the medication. While you are waiting to speak with them, you can download a safe plan by scanning this QR code:



MY GP AND SERVICE PROVIDER CONTACTS

I can ring these numbers for advice and support. I understand how important this is should my mood deteriorate.

	Name of organisation and website	Opening times	Telephone	Text
Monday – Friday In hours	Midway Surgery NHS 111 option 2	08:30 - 18:30	01727832125 https://www.hpft.nhs.uk/contact-us/	
Monday – Friday Out of hours	Night line crisis 01923 256391 7am-1am Samaritans: 08457 90 90 90 Shout: crisis texting service: text 85258; www.giveusashout.org Crisis line: 0800 6444 101			
Weekends and Bank Holidays	Saneline: https://www.sane.org.uk/ ; 0845 767 8000; daily 6-11pm Outof hours The Samaritans 116123			
In an emergency	Saneline 0845 767 4000 Papyrus UK https://www.papyrus-uk.org/ Staying Alive app			

Befriending Discharge Service: www.mindinmidherts.org.uk/befriending-discharge-service/

Note: This is a confidential remote and face-to-face support service for individuals aged 18+ with experiences of suicidal thoughts or attempts.

HELPLINES AND APPS

I can contact the following for help and support at any time, especially if my mood deteriorates whilst using my medication.

NHS 111 option 2

Call NHS 111 and press 2.

This is a self-referral service and provides a single point of contact for anyone facing a mental health crisis. It will give you access to care 24/7.

Single Point of Access (SPA)

Search online to find your local SPA contact number. An SPA call handler will be able to put you in contact with the Mental Health Helpline Team. They can provide help 24/7 if you are experiencing a mental health crisis, need direct support, or just want someone to talk with.

Helplines

If you don't feel you know anyone that you would want to speak to, or you need to talk but nobody is available, please know that there are lovely people who are literally sitting by a phone waiting to speak with you, listen to you and be there for you.

Befrienders World-Wide

www.befrienders.org

Papyrus Hopeline247

Call 0800 068 4141

Samaritans

Call 116 123

Shout

Text the word 'SHOUT' to 85258 to start a conversation.

Switchboard LGBT+ Helpline

Call 0800 0119 100

The Silver Line

0800 4 70 80 90

Web based support

Calm

www.thecalmzone.net

HCC's Mental Health webpage:

www.hertfordshire.gov.uk/mentalhealth



If you notice that you are searching online for harmful content, please consider downloading **Ripple** on all compatible devices. It will help keep you safe.

www.ripplesuicideprevention.com/information/install

Apps

Stay Alive

This app provides a safe plan on your phone:

www.stayalive.app

MY PRESCRIPTION SAFE PLAN: NOTES

The following notes are for reference. Feel free to discuss them with your healthcare provider or research them further when time allows.

Understanding medication:

- All medications have potential side-effects, but when a condition can be improved through medication, the benefits will often outweigh the risks.
- Over a hundred drugs list severe side-effects such as akathisia, PSDD, and suicidal ideation. These include widely used medications like antidepressants, antipsychotics, steroids, and drugs for specific conditions like Roaccutane for acne and Montelukast for asthma.
- These medications are used by millions of people and most people benefit from using them. However, some do not, and although it may not be medication-related, it's important to consult with a healthcare provider should you feel worse after starting treatment.

Safety considerations:

- Be particularly aware of increased anxiety, restlessness, agitation, or suicidal thoughts. These may or may not be side-effects of your medication, so it's vital to seek advice from your healthcare team. They can help you consider whether to adjust or discontinue the medication.
- Antidepressants are typically prescribed alongside or after talking therapies like counselling or CBT, rather than as a standalone treatment.
- Understanding that temporary worsening of symptoms can occur may help prevent disappointment and distress. Knowing that overwhelming thoughts could be a side-effect is crucial and you should always seek medical advice if you experience this.

MY PRESCRIPTION SAFE PLAN: NOTES

We hope the following **additional notes from The OLLIE Foundation** will help you too. Feel free to discuss them with your healthcare provider or research them further when time allows.

Making informed decisions:

- You'll find support for your decision whether you choose to take medication or not.
- Remember, this is your personal choice. Our intention is that you feel informed about the medication you want/need and feel clear on potential side effects and what to do if you experience any of them. Your safety is our primary concern.
- We created this guide because many patients were unaware of potential side-effects, which raised concerns for their safety.

Alternative approaches:

- Medication isn't the only route out of depression or anxiety by any means, but it has supported many people. Not taking medication means you may continue as you are, you may find other ways to heal or you may feel worse. You alone know how hard that will be for you.

Seeking help:

- We hope these notes will help you navigate your treatment more safely and confidently and know to request a medication review if you experience overwhelming thoughts – this could actually be life-saving, so please always speak to a healthcare provider about any concerns you may have.
- Whatever your decision, discuss it with a trusted health advisor. Most side-effects can be managed, but not if you don't know about them!



Remember... should you feel worse after starting your medication, and especially if you experience suicidal thoughts, it is vital you speak with your health team so they can consider if it is a side-effect of the medication. If you don't feel you can keep yourself safe, always call 999.

This document is available as an e.document. It is also available in a range of languages with accompanying videos.
To access all Prescription Safe Plan Resources, please visit www.theolliefoundation.org



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