



Many thanks for taking the time to read this communication from us.

We have contacted you as part of our efforts to ensure safe and effective prescribing whilst being responsible with NHS resources.

You are currently taking a medication called a Selective Serotonin Reuptake Inhibitor (SSRI) and our records indicate you have taken this medication for more than 12 months.

If you are not taking this medication please inform our prescriptions team so that we can keep our records upto date

This type of medication has many uses, most commonly to treat Depression, Anxiety or other problems relating to a persons mental or emotional health, it also has indications for certain symptoms of Menopause, Fibromyalgia and Irritable bowel syndrome. This communication is primarily aimed at those using this medication for their emotional wellbeing.

I have attached some information about this type of medication

[Selective serotonin reuptake inhibitors \(SSRIs\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Antidepressants | Tricyclic, SSRI and MAOI \(patient.info\)](http://patient.info) – If used for a condition affecting Mental Health

[Alternatives to HRT for Menopause Symptoms \(patient.info\)](http://patient.info) – If used for Menopausal symptoms

These medications can be used for a significant amount of time, however it is rare they are needed indefinitely, instead when appropriate we would wish to support you to reduce and stop this

If it is the first time you have taken this type of medication, we would often consider discussing slowly reducing and stopping this medication once you have been well for 6 months. If not the first time you have taken this medication, we would advise you are well for at least 12-24 months before considering reduction.

You should never stop this medicine abruptly without discussing with a healthcare professional as there is a risk of withdrawal symptoms.

If you wish to discuss reducing and/or stopping this medication, do not do this yourself but please arrange a routine appointment with one of our doctors or pharmacists to discuss doing this safely.

If you do not feel this medication is helping or require further support, please contact us to book an appointment, this can be done via our reception team for a routine appointment, if you feel it is urgent this can be done via our duty doctor using the following form.

<https://florey accurx.com/p/B81061>

I have also attached a list of useful resources to support emotional wellbeing

<https://eastridingtalkingtherapies.humber.nhs.uk>

<https://www.humber.nhs.uk/services/silvercloud-primary-packages.htm>

<https://selfhelp.cntw.nhs.uk/>

<https://reading-well.org.uk>

<https://humber.orcha.co.uk>

<https://humberrecoverycollege.nhs.uk>

<https://able-futures.co.uk>

<https://www.hey mind.org.uk/helplines>

<https://www.eastridinghealthandwellbeing.co.uk>

<https://www.mhm.org.uk/>

Brough Surgery
4 Centurion Way
Brough
HU15 1AY
tel: 01482 668668
fax: 01482 665090

South Cave Surgery
67 Ferry Road
South Cave
HU15 2JG
tel: 01430 424764
fax: 01430 471810

Holme On Spalding Moor Surgery
Rush View
Holme On Spalding Moor
YO43 4BJ
tel: 01430 860221
fax: 01430 861389

Bubwith Surgery
Highfield Road
Bubwith
YO8 6LY
tel: 01757 288315
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