



**Moss Valley Medical Practice**

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**Gosforth Valley Medical Practice**

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Dear Patient

At The Valleys Medical Partnership we take patient safety very seriously. We follow the latest advances in medical research and continually update and review our clinical practice to ensure patient care is of the highest standard.

We note that you are taking a medication called Mirtazapine. This is commonly used as an antidepressant or for other mental health disorders such as anxiety.

Each year we like to offer our patients taking these medications a review to check that they are happy to continue taking them and are managing their mental health. It is usually safe to continue taking these medications in the long term if you wish to do so, although some patients can get side effects. If you prefer to try coming off of the medication, please see the resources at the bottom of the page which may help you to consider your options.

If you are currently struggling with your mental health then the following resources may be helpful:

SAMARITANS - <https://www.samaritans.org/> or call 116 123

DERBYSHIRE MENTAL HEALTH SUPPORT LINE - 0800 028 0077

Or see the "Self Refer" Page of our practice website to self refer for talking therapy

If you would like to discuss further with a GP or member of the team regarding your medication or how you are feeling at the minute, please call the surgery to book a telephone review. If we don't hear from you we will continue to prescribe your medication at the same dose.

Kind regards

The Valleys Medical Partnership

<https://patient.info/mental-health/depression-leaflet/antidepressants>

[https://www.rcpsych.ac.uk/docs/default-source/mental-health/treatments-and-wellbeing/print-outs/stopping-antidepressant-printable.pdf?sfvrsn=2c9a63e0\\_2](https://www.rcpsych.ac.uk/docs/default-source/mental-health/treatments-and-wellbeing/print-outs/stopping-antidepressant-printable.pdf?sfvrsn=2c9a63e0_2)

- Dr L. Moss
- Dr R. Butler
- Dr V. Gupta
- Dr R. Handscombe
- Dr B. Marney
- Mr G. Williamson
- Dr T. Martin