

What are psychotropic medicines?

Learn about psychotropic medicines in
this easy read information booklet



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
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E.Q.U.I.P

Examining Quality, Use and
Impact of Psychotropic (Use) in
older adults with intellectual
disabilities

What are psychotropic medicines?

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Website:

<https://www.tcd.ie/tcaid/research/equip.php>

Adults with intellectual disabilities are often prescribed types of medicines called **Psychotropic medicines**

What are psychotropic medicines?

Psychotropic medicines are a type of medicine taken by people with mental health conditions



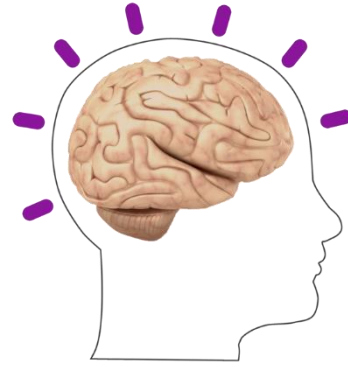
This could be anxiety, psychosis, depression or other mental health conditions



Or someone might take psychotropics if they have behaviours which are seen as challenging



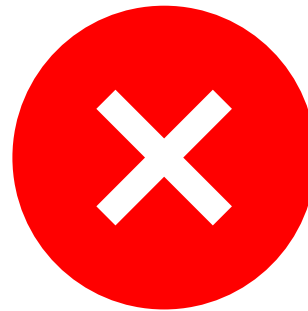
Psychotropic
medicines help with
mental health
conditions



They can be good for
many people,
helping to keep them
healthy and feeling
well



But they can be bad
if taken for too long, if
taken too high a
dose, or taken for the
wrong reason



What type of medicines are psychotropic medicines?

Psychotropic medicines include five different types of medicines



These are called anxiolytics, anti-depressants, sedatives, mood stabilisers and anti-psychotics.



What are anxiolytics?

Anxiolytics are medicines that people take to treat anxiety or panic, if you worry a lot or get very stressed.



What are antidepressants?

Antidepressants are medicines that are used to treat depression, when you are very sad a lot of the time



What are sedatives?

Sedatives are medicines that are used to keep you calm and comfortable, maybe if you are concerned about going to the dentist or hospital



What are mood stabilisers?

Mood stabilisers are medicines that are used to treat big changes in your mood, if you have bipolar disorder



What are antipsychotics?

Antipsychotics are medicines that are used to treat psychosis, when you are unsure what is real and what is not real



Do you have questions about your medication? You can talk to

Your doctor



Your pharmacist



People who support you



**You can find more information about the
EQUIP project online by clicking the link
below**

<https://www.tcd.ie/tcaid/research/equip.php>

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The Intellectual Disability Supplement to
The Irish Longitudinal Study on Ageing
(IDS-TILDA)



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