

If someone you support is taking a psychotropic medication, it is important that you both know:

- Why was the medication prescribed and when?
- If a specific clinical condition is diagnosed?
- What was tried before giving the medication i.e. counseling?
- What are the side effects and how are they being checked?
- Any food, drink, or activities that should be avoided while taking this medication?
- Where can you go or who can you ask if you have questions and/or concerns? I.e. The pharmacy, telehealth, your health practitioner.
- How often should the medication be reviewed by a medical professional?
- Has the person given permission to take this medication?
- Are the reasons the person is taking the medication still relevant today?
- Are you taking the right dose?
- Is regular bloodwork being completed to monitor levels?



[www.communitylivingalgoma.org](http://www.communitylivingalgoma.org)

*Follow Us!*

Sault Ste. Marie Office  
**99 Northern Ave. East**  
**Sault Ste. Marie, ON P6B 4H5**  
t: 705-253-1700      f: 705-253-1777

East Algoma Offices  
**Lakewood Place**  
**1 Industrial Rd. East - Suite 202**  
**Blind River, ON P0R 1B0**  
t: 705-356-0464      f: 705-848-2520  
**Elliot Lake**  
t: 705-848-2475      f: 705-848-2520

North Algoma Offices  
**26 St. Marie Street, 2nd Floor Box 387**  
**Wawa, ON P0S 1K0**  
t: 705-856-7942      f: 705-856-1046  
**220 Front St. Suite 104 P.O. Box 1532**  
**Homepayne, ON P0M 1Z0**  
t: 807-868-3052      f: 807-868-3052

The Council of Community Living Algoma  
705-908-3765 or 1-800-448-3906

[advocate@cla-algoma.org](mailto:advocate@cla-algoma.org)

\*\*Pamphlet revised by Council: Sept 2020

# Psychotropic Medications



What is a Psychotropic

## Medication & How do they work?

Psychotropic Medications are used to balance or improve a person's mood or mental health associated with a mental illness. These medications are sometimes called "psychoactive or psychiatric medications" Some medications may have more than one purpose.

Psychotropic Medications do not cure an illness but rather treat the symptoms of that illness.



## Common uses of Psychotropic Medications include:

- Depression
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Schizophrenia
- ADHD
- Aggression
- Self-harm



All medications have two names:

Trade or Brand Name:

The name is chosen by where the medication is made to be simple and memorable. Brand names are in capital letters.

Generic (No Name)

The name is generally taken from the chemical makeup of the medication. No Names are always in lower case letters.

In addition to this pamphlet, please see our pamphlet called: "Ask the Doctor Checklist"



**Community Living Algoma considers the use of psychotropic medications to be a form of "chemical restraint" and therefore is viewed as a Rights Restriction so you may need to have your medications reviewed by our Rights Review Commission.**



**For more information or if you have questions contact your CLA supports.**