

One line description:

HeadMeds is a new website for young people, created by YoungMinds, providing accessible and useful information about mental health medication.

Sample social media posts

TWITTER:

#HeadMeds: new site for young people on #mentalhealth meds

FACEBOOK:

#HeadMeds: a new website for young people on #mentalhealth medication- real life stories, videos and blogs. Everything you want to know but didn't want to ask.

TWITTER AND FACEBOOK:

Have you ever experienced weight gain or locked jaw whilst being on mental health meds? Check out this vid <http://youtu.be/Cp6I58WQ5RA> #HeadMeds

TWITTER AND FACEBOOK:

Jack talks about his experience taking Venlafaxine <http://youtu.be/DR6pwlwAVtk> #HeadMeds

TWITTER:

Side effects of anti-depressants: <http://ow.ly/uOE97> @YoungMindsUK launches HeadMeds for young people #HeadMeds

FACEBOOK:

Side effects of anti-depressants: <http://ow.ly/uOE97> youngminds.org.uk launches HeadMeds its new site for young people #HeadMeds

TWITTER AND FACEBOOK:

A short interview: living with ADHD and the effects of Ritalin <http://youtu.be/d4KSX3PwbYk> #HeadMeds straight talk on mental health meds

Sample blog:

Getting a grip on mental health medication if you have been prescribed it is a minefield for adults, and for young people it's an even more scary prospect. To address this and demystify the world of mental health meds YoungMinds has recently launched HeadMeds, a unique new website about mental health medication for young people aged 13-25.

HeadMeds is funded by Comic Relief and the Nominet Trust as part of the Innovation Labs (www.innovationlabs.org.uk) project which has developed a range of digital projects to improve young people's mental health.

Created in the style of the 'Talk to Frank' website, HeadMeds provides young people with accessible and useful information about mental health medication during a time which is often confusing, frightening and isolating for them.

It includes information about potential side effects, when a young person should go and get help, and provides answers to some of the difficult questions that young people may have around their medication but may feel uncomfortable asking their GP about, including will it affect my sex life or can I drink with this medication? Complete with real life stories and created side by side with young people, HeadMeds provides much needed, straight talk on mental health medication whenever young people need it.

The website has been developed by a range of pharmacology experts and young people, and it has been endorsed by the Royal College of General Practitioners and the College of Mental Health Pharmacy.

HeadMeds fills the information gap about mental health medication and so it is an essential resource for all young people who need it. Knowledge is power and HeadMeds gives young people comprehensive information about the bewildering world of medication, so when they visit their GP or health professional they are armed with more resources.

One of the young members of our Expert Reference Group who helped us create the site said at our launch event in March 2014:

“Taking medication for mental health problems is not just about taking a pill: it can be an emotional and physical roller coaster too. It’s so important young people feel they are not alone, that somewhere, someone else has faced a similar battle, a similar whirl of emotion”.

Her words say it all. If you work with young people spread the word about HeadMeds, it’s a great resource for mental health professionals too as it increases their understanding of mental health medication as well.