

## **What you need to know about...**



# **Lyrica (pregabalin) and mental health**

## **What's the issue?**

- 'Lyrica' is the brand name for a drug called pregabalin.
- Lyrica can be dangerous for people who have a history of depression and/or suicidal thoughts or behaviour that may lead to overdose.
- The rate of Lyrica-related ambulance attendances has increased tenfold since 2012.

## **Why might you be interested?**

- Lyrica (and Lyrica CR) may cause suicidal thoughts or actions in about 1 in 500 people who take it.
- People using Lyrica (and their loved ones or carers) should call their doctor right away if they notice suicidal thoughts or actions, thoughts of self-harm, or any unusual changes in mood or behaviour.

## **What else might you want to know?**

- Changes in mood or behaviour may include:
  - new or worsening depression
  - anxiety
  - restlessness
  - trouble sleeping
  - panic attacks
  - anger, irritability, agitation, aggression, dangerous impulses or violence
  - extreme increases in activity or talking
- If you have suicidal thoughts or actions, do not just stop taking Lyrica (or Lyrica CR) without first talking to your doctor (withdrawal can be dangerous too).
- Be careful when using Lyrica with other drugs, particularly sedatives such as opioids and benzodiazepines, and alcohol.

**If you are worried that using Lyrica has made you depressed and/or suicidal talk to your doctor today!**