

## What to Watch For??

Many of the following are common sense and could apply to us all. However they occur more frequently in those unwell or taking psychiatric medications and can affect driving:

- Problems with concentration
- Alertness or drowsiness
- Coordination difficulties
- Impaired reaction times
- Dizziness
- Visual problems

### *Problems related to how you are feeling*

- feeling impulsive, erratic or like taking risks
- feeling suicidal or depressed
- feeling irritable
- feeling very distressed or upset

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### *Problems related to how you are thinking*

- difficulty making ordinary decisions
- being seriously distracted by paranoid thoughts, e.g. that someone is after you
- grandiose ideas, e.g. feeling “bullet-proof”
- distracting or distressing hallucinations (seeing or hearing things that are not there)

## What if I drive anyway?

If you are not allowed to drive and do so anyway, then you are breaking the law and may be subject to prosecution.

Your licence becomes invalid.

Also your insurance will become invalid so that you are unprotected if you have an accident.

## If in doubt?

Ask. Better than having an accident.



## Driving and Mental Health

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