

**PE1627/W**

Anonymous submission of 9 February 2018

I am currently 18 years old about 3 4 weeks after I turned 18 I went to the doctors about heart pains and feeling dizzy as I thought it was something physical that was wrong I went to see every doctor in the practice and they all where convinced it was anxiety and I was having bad panic attacks I took that into consideration and asked what I could do to stop it from happing they proscribed me a tablets called setraline and explained that it was an antidepressant and that it would probably make me feel a bit low for a couple of days before I start to feel better I explained that I did not want to take them as I didn't want to feel worse than what I already did and they went persisted that I give them a try to see if they would help I took the tablets home and had a think about it but still didn't think it was a good idea to take them so I decided not to, this was all going on in July 2017 it is now February 2018 and the doctors still ask me if I have tried them and I still tell them that I haven't and I won't eventually I was offered counselling but I am starting to feel better day by day on my own I don't agree with doctors handing out antidepressants out to young people based on a 15 20 minute appointment I definitely think counselling should be offered 100% before antidepressants as sometimes they don't help people and can become very addictive.