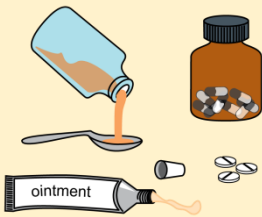


Easy Read / Version (with Visuals)

STOMP



Stopping The Over Medication of People with a learning disability, autism or both

What is **STOMP**?



These medicines are used to treat mental health conditions.

Sometimes they are also given to people because their behaviour is seen as challenging.



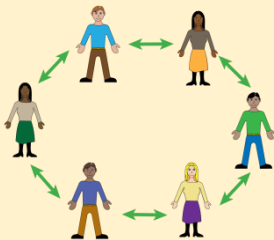
People with a learning disability, autism or both are more likely to be given these medicines than other people.

These medicines are right for some people. They can help people stay safe and well.



Sometimes there are other ways of helping people, so they need less medicine or none at all.

STOMP is about everyone working together to make sure people get the right medicine when they need it.



It is also about making sure that people get the other support they need so that they don't need this sort of medicine.



They are used for mental health conditions like:

- **psychosis**
- **anxiety**
- **depression**

They can also help people **sleep**.

They can also be used for **epilepsy**.



Sometimes these medicines are used to change the way that people behave.

Lots of people with learning disabilities take psychotropic medicines when they do not have the health conditions the medicines are for.



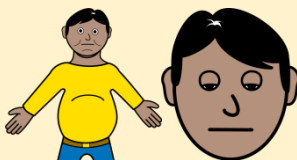
Psychotropic medicines can cause problems when people:

- **take them for too long**
- **take too high a dose**
- **take them for the wrong reason**



They can make people:

- **put on weight**
- **feel tired or 'drugged up'**
- **problems with your physical health**



There are often other ways of helping people, so they need less medicine.

For more information



Go to: www.england.nhs.uk/stomp

Thank you



STOMP is about helping people to stay well and have a good quality of life.

We support

STOMP

Stopping the overmedication of people with learning disability and autistic people (STOMP)

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kooBee, 2022, 2023, 2024, 2025