

Advice on Driving and Mania



As you are aware you have been diagnosed as suffering with mania. We hope that the treatment is helping you and you recover from your illness.

As the team looking after you, it is our duty to inform you about the DVLA guidance for someone who has suffered from your type of illness. It is recommended that **driving should cease pending the outcome of medical inquiry**. We would therefore recommend that you do not drive until you have been advised by the DVLA that you can resume.

In order to resume driving someone with your condition is required to meet the following requirements:

- (a) To have remained well and stable for at least 3 months*.
- (b) Be compliant with treatment.
- (c) To be free from adverse effects of medication which would impair driving.
- (d) Be subject to a favourable specialist report.

*When there have been four or more episodes of mood swings in the previous 12 months, at least 6 months stability is required under condition a in addition to satisfying conditions b, c and d.

The law requires you to tell the Driver and Vehicle Licensing Agency (DVLA) about your condition. If you are involved in an accident and it is found that your health condition was a contributing factor, you may be prosecuted and your insurance may not be valid.

Further details on DVLA guidance is available in the Driving and Mental Health Problems leaflet, alternatively you can contact the DVLA directly.

Contact information for DVLA
Phone number: 0300 790 6801

Address:

Drivers Customer Services (DCS) Correspondence Team

DVLA

Swansea

SA6 7JL

Website: http://www.dft.gov.uk/dvla/medical/medical_drivers.aspx

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