**TARDIVE DYKINESIA (TD)**

**WHAT YOU SHOULD KNOW**

“**I HAD PROBLEMS EATING, TALKING, WALKING, AND I thought IT MUST JUST BE STRESS-RELATED.”**

- Person living with TD

**HOW TO ADVOCATE FOR YOURSELF**

- Ensure you and your doctor review your medication and conduct a TD screening every six months.

- Ask about your risk related to your specific type of antipsychotic.

- Ask what the minimum amount of medication you can take while still managing your mental health symptoms.

- Let your family members and friends know that TD could be a side effect so they can help you watch for symptoms.

**WHAT TO BE AWARE OF IF YOU TAKE ANTIPSYCHOTIC DRUGS**

- Symptoms can occur gradually—several weeks, months, or years after you begin taking antipsychotic medicine—and you may not notice them yourself.

- Typically one’s maximum risk range of developing TD is between three months and twelve months—after this period the risk is lower but you should still remain vigilant.

- Individuals who take medication who are at an increased risk of developing TD are women, women over 50, people with traumatic brain injury, and elderly people.

**WHAT YOU SHOULD KNOW IF YOU HAVE BEEN DIAGNOSED WITH TD**

- Stress can make your TD symptoms more obvious.

- It’s okay to tell people close to you or at work about your symptoms.

- Work closely with your doctor to create the best plan for you.

**LEARN MORE ABOUT TD TODAY!**

Our mission is to promote recovery and improve the quality of life for Virginians with serious mental illness through support, education, and advocacy. We envision a world where all people who are affected by mental illness get the help, hope, and support that they need.