

Common Abbreviations in Mental Health:

- ADD:** Attention Deficit Disorder
- CBT:** Cognitive Behavioural Therapy. Designed to help alter how you think (Cognitive) and what you do (Behaviour). Focuses on the here and now, rather than past events.
- ECT:** Electroconvulsive Therapy, still used often, mainly to treat severe depression.
- NICE:** National Institute for Health and Care Excellence, (formerly National Institute for Clinical Excellence). They have guidelines for almost everything.
- OCD:** Obsessive Compulsive Disorder
- OT:** Occupational Therapist
- PD:** Personality Disorder. Often used by clinical staff as a derogatory noun for people who they don't feel have a mental illness.
- PRN:** Pro Re Nata (Latin). Medication that's taken if it's required, as opposed to regularly. Usually refers to tranquilisers, painkillers or sleeping tablets.
- PTSD:** Post Traumatic Stress Disorder
- RN:** Registered nurse. I don't know why they say 'RN'. It's easier to say 'nurse'.
- SAD:** Seasonal Affective Disorder
- TTOs:** Medication that inpatients take home with them when going on leave or being discharged.