



## INFORMATION SHEET

Age Group: **Adults**

Sheet Title: **Depression or Mental Health Problems (Summary)**

People with Asperger's Syndrome can experience a variety of mental health problems, notably anxiety and depression, but also impulsiveness and mood swings. They may be misdiagnosed as having a psychotic disorder and it is therefore important psychiatrists treating them are knowledgeable about Asperger's Syndrome.

Conventional drug treatment can be used to treat depression, anxiety and other disorders. Behavioural treatments and therapies can also be effective. However, any treatment must be carefully tailored to suit an individual and overseen by a qualified practitioner.

However, any psychotropic medicine should be used with extreme caution and strictly monitored in people with Asperger's Syndrome.