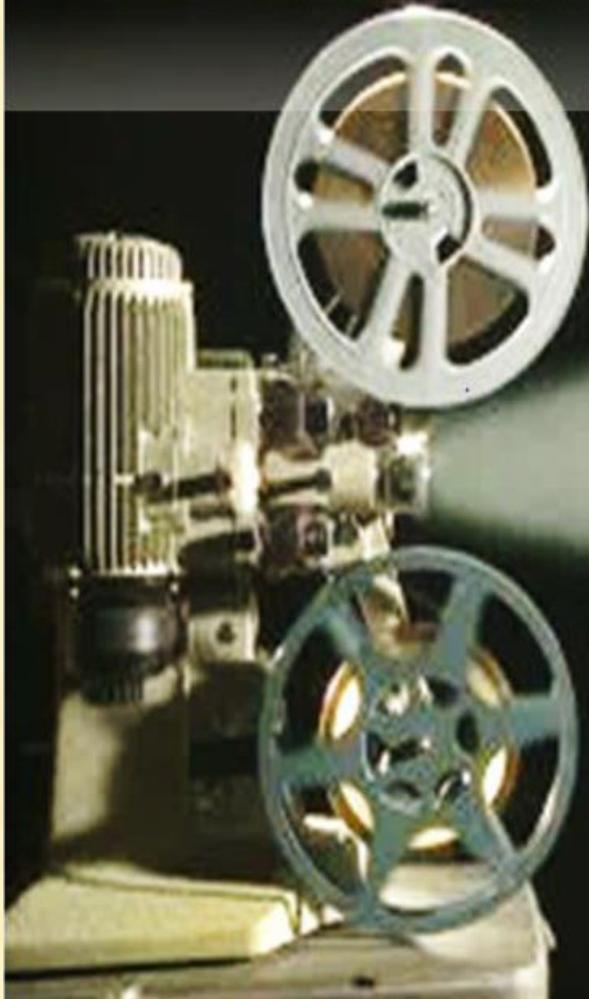




# John's Experience of Shared Decision Making in Primary Care

*A Journey towards Recovery from Depression*

An Educational Film about Shared Decision Making in Primary Care



Frank Bruno MBE  
Boxing Legend and Mental Health Campaigner

We are shedding light  
on treatment options  
for depression

The film can be viewed or downloaded at <http://sdmdepression.ncl.ac.uk>

The website also includes details of the film development process and an interview with Frank Bruno about his views on shared decision making in mental health



# What is Shared Decision Making?

Shared decision-making (SDM) is a process through which patients, and their relatives and doctors work together to identify the treatment option **that is best for an individual patient.**

SDM involves doctors and patients sharing their respective expertise to identify the best choice of treatment for the individual patient.

Doctors share their expert knowledge on available treatment options and their pros and cons. Patients share their expert knowledge on themselves in terms of their own personal preferences for choice of treatment and their beliefs/attitudes towards the pros and cons of the available options for treatment. Broadly speaking, for depression the available options for treatment are medication, talking treatments and self-help strategies.

SDM supports independence and empowerment of people with mental health problems, enabling them to make informed decisions about their treatment, which is an important part of the recovery process. SDM is supported by the Government's commitment to '*no decision about me without me*' becoming the standard in the NHS. Further information about SDM can be found at the following website: <http://sdm.rightcare.nhs.uk/>

## An Educational Film about Shared Decision Making in Primary Care

We have produced a new film to inform the public, doctors/nurses, advocates and peer support workers about the value of shared decision making in primary care for supporting recovery from mental health problems, using depression as an example. The film has been produced in partnership with 'experts by experience' to ensure the content reflects their perspectives, priorities and lived experience of depression.

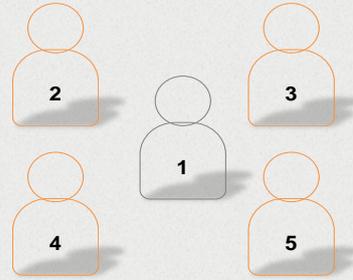
**Introduction and selected narration by Frank Bruno MBE**

Boxing Legend and Mental Health Campaigner

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**1 in 5**



**of us are likely to experience depression at some point in our lifetime**

## Treatment Options for Depression

**There are 3 broad options available:**

1. **Self-help:** for example, keeping active, eating well and keeping to a regular sleep pattern
2. **Talking treatments:** for example, cognitive behavioural therapy or counselling
3. **Medication:** there are different types of antidepressant drugs available



- **Combination Therapy:** you may also find it helpful to choose a combination of one or more treatments from the 3 broad options