

Driving Guidance (DVLA) - Anxiety and Depression

Why this matters:

Anxiety and depression can affect your concentration, decision-making, and awareness of your surroundings. *These symptoms can impair your ability to drive safely*, especially in severe cases. The **DVLA** (Driver and Vehicle Licensing Agency) has specific rules to help protect you and others on the road.

Should I stop driving?

If your anxiety or depression is *mild to moderate and does not involve significant memory or concentration problems, agitation, behavioural disturbance, or suicidal thoughts*, you may continue driving.

This includes both Group 1 (car and motorcycle), and Group 2 (bus and lorry)

If your condition is **severe and includes any of those symptoms**, you must stop driving immediately. (DVLA rules are different for *mild, moderate, and severe* depression. If you're unsure which applies to you, **speak to your doctor** before driving or contacting DVLA.)

Do I need to tell the DVLA?

You must notify the DVLA if your condition affects your ability to drive safely. This includes cases of *severe depression or anxiety* involving behavioural disturbance, suicidal thoughts, or impaired concentration.

When can I drive again?

You can resume driving if your symptoms are under control and you are not experiencing medication side effects that affect your alertness or concentration.

Group 1 (Cars and Motorcycles) - Licensing may be granted after **3 months** if:

- You have been well and stable
- You have followed your treatment plan
- You are free from medication side effects that would affect alertness or concentration

Group 2 (Lorries and Buses):

- You may resume after **6 months** under the same conditions

- May require a report from a psychiatric specialist
- Driving usually permitted if long-standing condition is well controlled and medication does not impair driving

How do I tell the DVLA?

Fill in **form M1** (Mental Health Conditions), which you can find at:

<https://www.gov.uk/depression-and-driving>

Or call the **DVLA Medical Enquiries line**: 0300 790 6806.

Do not drive until the DVLA has responded if you've been asked to stop.

Your responsibility

You must **not drive** if your condition or medication affects your ability to do so safely. Some antidepressant medicines can cause **drowsiness** or **slowed thinking**, especially at the start of treatment. Always speak to your doctor before returning to driving.