

## Driving Guidance (DVLA)

### Psychosis, Schizophrenia – and other chronic relapsing/remitting disorders

#### Why this matters:

Psychosis can affect your *thinking, emotions, and awareness of reality*. If you're experiencing symptoms like *hallucinations, delusions, or confusion*, it is **not safe to drive**.

The **DVLA** (Driver and Vehicle Licensing Agency) has rules to help keep you and others safe on the road.

#### Should I stop driving?

**Yes.**

If you're currently unwell with symptoms of psychosis, you **must stop driving immediately**. This includes any episode that causes confusion, altered thinking, or hospital treatment. **Driving while unwell is dangerous** and can lead to accidents or legal consequences.

#### Do I need to tell the DVLA?

**Yes.**

You must notify the DVLA if you've been diagnosed with a psychotic illness or are being treated for one. This includes schizophrenia, schizoaffective disorder, or acute psychotic episodes. **Not informing the DVLA is a legal offence** and may lead to fines, loss of insurance cover, or prosecution.

#### When can I drive again?

You can drive again when:

- You've had at least **3 months of stability**
  - Continuing symptoms: even with limited insight, continuing symptoms do not necessarily preclude licensing.
  - However, a lack of insight which impacts upon the ability to drive safely would be a bar to licensing. Symptoms should be unlikely to cause significant concentration problems, memory impairment or distraction while driving.
- Your **doctor confirms** you're well enough to drive safely,
- And the **DVLA has given permission** (if they were informed).

This applies to *Group 1 licences* (cars and motorcycles). For *Group 2 licences* (lorries and buses), the rules are stricter.

## Group 2:

Licensing may be considered if **all** the following conditions are met:

- Remained well and stable for at least 12 months. A longer period may be required if there is a history of relapses.
- Adheres to any agreed treatment plan.
- Free from any medication effects that would impair driving.
- Subject to a favourable report from a specialist in psychiatry.

### Additional considerations:

- The minimum effective dosage of any antipsychotic medication should be used, in line with good practice.
- Drug tolerability should be optimal and not associated with any deficits that might impair driving, such as reduced alertness, concentration, or motor performance.
- If the patient has an established illness with a history of relapse, the risk of future relapse must be considered low.

A lack of insight that impacts the ability to drive safely **would** be a bar to licensing.

*If you are unsure about your diagnosis or what it means for your driving, **ask** your doctor or healthcare team for advice before driving.*

## How do I tell the DVLA?

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

[www.gov.uk/psychosis-and-driving](http://www.gov.uk/psychosis-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 antipsychotic medicines can cause **drowsiness** or **slowed thinking**, especially at the start of treatment. Always speak to your doctor before returning to driving.