



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 six 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.

