



Medication

Why is taking your medication so important?

An important way to control your social and emotional wellbeing might be medication. There are some excellent treatments available to help you get control of your condition. The whole aim of managing social and emotional wellbeing is to put you in control of your condition rather than letting your condition control you.

As well as taking your medication regularly, you can help yourself by avoiding situations and triggers that bring on your symptoms. There are literally millions of people with some sort of medical issues including social and emotional wellbeing issues that are managed by medication; so remember you are not alone, your medication is designed and prescribed to help you. Taking your medication is a great reminder that you are doing everything you can to stay well.

We all understand that sometimes people may feel like they no longer need their medication because they are feeling well, however if you are prescribed medication for a specific period of time it is very important to take it until you are told otherwise by a doctor. It is the best way for you to continue to feel better and by taking your medication it will keep any problems you may face under control. If you consistently forget to take your medication you need to talk to your health professional honestly as they will be able to develop a plan to help you remember to take your medication on a regular basis as needed.

What are some reasons why people don't take their medication?

As mentioned earlier there are literally millions of people around the world who take medications, therefore there are many ways we can help you remember to take your medication and these include:

- **'My medication ran out and I did not refill it'**

How about we develop a system to make sure you do not run out, we can put reminders on calendars, write notes on your medication bottle, and even ask your pharmacy if they have a reminder program.

- **'There are too many pills to take'**

There are many different doses of medication and these can vary from person to person, unfortunately if you are prescribed more than one medication it is necessary to take them all,

you must make sure that you do not change your treatment plan without first checking with your doctor / healthcare professional.

- **'I don't know when to take my medication'**

Your healthcare professional can help you identify the best time of the day to increase your chances of following your medication routine. Some people find it easier to take their medication if it is at the same time every day.

- **'I don't like the way my medication makes me feel'**

Sometimes what you think is a medication side effect may actually be the problem sorting itself out. Remember that your medication is prescribed to you to make you feel better. If you think that your medication is making you feel worse, talk honestly with your healthcare professional. He or she can check the possibility of modifying your treatment if necessary.

So remember that taking your medication could be one of the most important reasons to help you to get better. Your medication is given to you for that very reason.

Where can I go for help?

Sometimes we face events in our lives that we are unable to handle ourselves or with help of family and friends and sometimes there are situations in our lives that might be too much for us to cope with. In these cases, there are options out there for you to take.

Some of these options can include:

- Counselling (Someone to yarn too)
- Behavioural and Lifestyle changes (Health Choices)
- See a doctor who might give you medication that can help

If you just want to have a yarn or if you would like to find out more information contact any of your local Community Mental Health or other services listed below.

The Aboriginal Social & Emotional Wellbeing Fact Sheet Series was designed by the Aboriginal Social & Emotional Wellbeing workers David Freeman & Brenda Freeman based at Campbelltown Community Mental Health Service February 2009.

The information provided was adapted from the Aboriginal and Torres Strait Islander Mental Health First Aid Training Manual and the SANE Australia website. www.sane.org