



Consumers of Mental Health WA (Inc)

CoMHWA

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My Medicines and Me



Useful Medication Tools, Information & Resources

➤ The My Medicines & Me Questionnaire (M3Q)

Available: http://www.comhwa.org.au/wp-content/uploads/2018/05/M3Q_Fillable.pdf

The M3Q is a self-report questionnaire on mental health medication side-effects. The purpose of the M3Q is to improve the conversation about side-effects with your doctor.

You can read about the M3Q in ["An innovative approach to clinical communication in mental health patients: The My Medicines and Me \(M3Q\) side effects questionnaire"](#) Ashoorian, D. (2015)

➤ MedicineWise App | Manage Medications on your smartphone

More Information: <https://www.nps.org.au/medical-info/consumer-info/medicinewise-app>

This app allows you to track your medications, find information, share information and much more.

➤ MedSearch™ | Medicine information search app

<https://www.tga.gov.au/medsearch-app>

MedSearch™ is designed to help you find, view and save Consumer Medicine Information (CMI) and Product Information (PI) documents for your medications.

➤ Adverse Medicine Events Line (1300 134 237)

<https://www.nps.org.au/adverse-medicine-events-line>

If you suspect that your medicine is causing a problem and you're worried about using it you can call the Adverse Medicines Events Line.

➤ Medicines Line (1300 MEDICINE)

<https://www.nps.org.au/medicines-line>

Medicines Line is a telephone advice line for you to get information about your medications.

➤ MedsCheck

<http://6cpa.com.au/files/medscheck-and-diabetes-medscheck-a5-brochure/>

MedsCheck offers one-on-one time with your pharmacist, in the pharmacy, to discuss your medications, the best ways to manage them and getting the most out of your medicines.

➤ Home Medicines Review

<http://6cpa.com.au/files/home-medicines-review-brochure/>

A Home Medicines Review is a way for your pharmacist and GP to help you better manage your medications. You can request a bulked billed Home Medicines Review from your GP.



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➤ Coming off mental health medicines– Handy Guide

<http://choiceandmedication.org/generate.php?sid=123&fname=handyfactsheetstoppingmedicinesau.pdf>

A WA Department of Health handy guide to help you having a meaningful discussion with your health professional about stopping mental health medications. This guide covers the pro's and con's, risks and timing of stopping mental health medication.

➤ Stopping Antidepressants

<http://choiceandmedication.org/generate.php?sid=123&fname=handyfactsheetstoppingmedicinesau.pdf>

A WA Department of Health factsheet covering the risks and advice on stopping antidepressants.

➤ Choice and Medication© Leaflets

<http://choiceandmedication.org/generate.php?sid=123&fname=handyfactsheetstoppingmedicinesau.pdf>

Medication information leaflets, including the Patient Information (PILL), Brief Information (BILL), Quicker Information (QuILL) and Very Easy-Read Leaflets (VERA) on medication available. Translations are available on some documents.

➤ Reporting adverse events

<http://www.tga.gov.au/reporting-adverse-events>

Adverse events are unintended and sometimes harmful effect from medication, including side-effects, can be reported to the Therapeutic Goods Administration.

➤ Finding good information about medicines

<https://www.nps.org.au/medical-info/consumer-info/finding-good-information-about-medicines>

A guide on sourcing useful and correct information on the benefits and side-effects of medicines.

➤ Making wise choices about medicines

<https://www.nps.org.au/medical-info/consumer-info/making-wise-choices-about-medicines>

A quick how-to guide on making choices about medications and talking with your doctor

➤ TGA Consumer information & educations

<http://www.tga.gov.au/consumer-information-education>

The Therapeutic Goods Administration provides consumer educations, safety information, community questions and answers and other helpful resources on their website.