



QUESTIONS ABOUT MENTAL HEALTH MEDS?

My Medicines & Me can help!

My Medicines & Me is here to help you find answers.

Workshops and support is available for people taking mental health meds, carers and supports, community members and support services.

The My Medicines and Me workshops by CoMHWa can help you;

- talk about medication with doctors and others
- figure out what to say and what to ask
- speak up and be heard
- find good information
- understand the options
- feel confident making choices
- support others to make informed choices
- use tools and technology to manage your meds
- confidently have tricky conversations

The M3Q

The My Medicines and Me Questionnaire (M3Q) is a side-effect questionnaire for mental health meds.

It is free, available online and can help people talk about their mental health meds and the side-effects

For more information
please contact Renai
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www.comhwa.org.au/m3q

Consumers of Mental Health WA

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