

my involvement

recovery goals

treatment options

costs

Let's talk about mental health medication

A discussion guide for you and your health professional

medication review

side effects

information

I understand medication is one tool that may help people recover from mental health issues. I would like to learn more about medication by talking to you about:

Treatment options: What medication alternatives are there that can help me? What else may help my recovery?

Side effects: What side effects may I experience if I take this medication?

Costs: What are all the costs I could face if I take this medication?

My involvement: How will you include me in treatment decisions?

Recovery goals: Does this medication suit my lifestyle and recovery goals?

Medication review: How and when will we talk about how I am going on this medication?

Information sharing: What can I tell you to help make sure this medication is safe and helpful for me?

For information on how to make sure your mental health medication is safe and effective and to watch video stories about taking medication, please visit our website at <http://bit.ly/talkmeds>

Did you find this useful? Please give us your feedback: mhc@mhc.nsw.gov.au



**Mental
Health
Commission**
of New South Wales