

MASKING THE PAIN CAN BE DANGEROUS

The body often becomes dependent on certain pain or sedative medications if they're used for longer than a few weeks.

SAFE AND EFFECTIVE TREATMENT IS AVAILABLE

Visit: www.scriptwise.org.au



**SAFE
SCRIPT**

**Script
Wise**

Preventing
prescription
medication
misuse.



ONE TOO MANY

In Victoria, more people die due to prescription medication related overdose than on our roads.

This year, a new system called SafeScript will provide doctors and pharmacists with access to prescription histories for certain high risk pain and sedative medications to enable safer clinical decisions.

It is possible to become dependent on these medications without realising it. The body can develop a tolerance which lessens the medication's effectiveness and means more and more is needed to get the same effect.

Medication dependence is a medical condition. It can happen to a friend, colleague, neighbour or to you.

If you feel:

- sick when you stop using your medication
- anxious without it or
- embarrassed when you're asked about it

it's important to speak with your GP or another trusted health professional. **You don't have to go through this alone.**

There are effective treatments available and starting a conversation can help you get the support you need.

If you're concerned about your medication use

+ Speak to your GP or another health professional

+ Call the SafeScript Pharmaceutical Helpline (24/7) on 1800 737 233

+ Call Reconnexion between 9-5pm to speak about benzodiazepine use on 1300 273 266

+ Call Family Drug Helpline for peer-to-peer support on 1300 660 068

+ Contact Counselling Online www.counsellingonline.org.au

+ Call Lifeline on 13 11 14 or Beyond Blue 1300 224 636