

**IT'S HARD TRYING TO  
HELP SOMEONE YOU  
LOVE WHO IS  
STRUGGLING  
WITH PAIN AND  
MEDICATION USE**



**SUPPORT IS AVAILABLE. YOU DON'T HAVE TO DO IT ALONE**

Visit: [www.scriptwise.org.au](http://www.scriptwise.org.au)



**Script  
Wise**

Preventing  
prescription  
medication  
misuse.



## **Medication dependence is a medical condition and there are effective treatments and support available.**

It is quite common to become dependent on opioid or sedative medications if they are used long-term. The body can develop a tolerance which lessens the medication's effectiveness and means more and more is needed to get the same effect.

### **Warning signs of medication dependence**

If you know someone who

- feels sick when they stop their medication;
- gets embarrassed when asked about it;
- feels anxious without their medication; or
- whose pain, anxiety or sleep problems seem to be getting worse;

it could be a sign that they have developed dependence.

### **Start a conversation with your friend or loved one and encourage them to speak with their health professional.**

There are likely other safer and more effective ways to manage the health condition for which they originally took their medication.

### **If you're concerned about a friend or family member's medication use**

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

+ 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

+ Speak to your GP or another health professional

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

+ Contact Counselling Online [www.counsellingonline.org.au](http://www.counsellingonline.org.au)