

# Medications List

Keep a list of your medicines here to help ensure your health care professionals avoid mix-ups with your medicines. You can take this list to your appointments with your GP. Remember to keep this list up-to-date.

Name of Medicine	Strength	What is this medicine for?	How much do I use and how often?	Date started	When to stop or review this medicine

# Your Mental Health and Alcohol: Managing the Mix

“Alcohol, Anxiety and Depression – Consumer and Carer Education Resources”



## **NOTE: Things to know about these resources.**

The Mental Health Council of Australia (MHCA) has been contracted to produce these consumer and carer education resources by the Australian Divisions of General Practice (ADGP). The resources will be distributed during 2005 by GPs taking part in 19 projects aimed at enhancing general practice responsiveness to co-occurring alcohol and common mental health problems. Funding has been provided by the Alcohol Education and Rehabilitation Foundation (AERF) and the Australian Government.

The resources are designed to help people who may not realise they have alcohol, anxiety and/or depression problems, and their carers. The resources are intended to raise awareness that these problems commonly occur together, as well as provide information and advice about risks, treatment options, GP support, and referrals.

The Mental Health Council of Australia thanks all the consumers, carers, clinicians and other health professionals who have provided valuable feedback to the development of these resources.



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