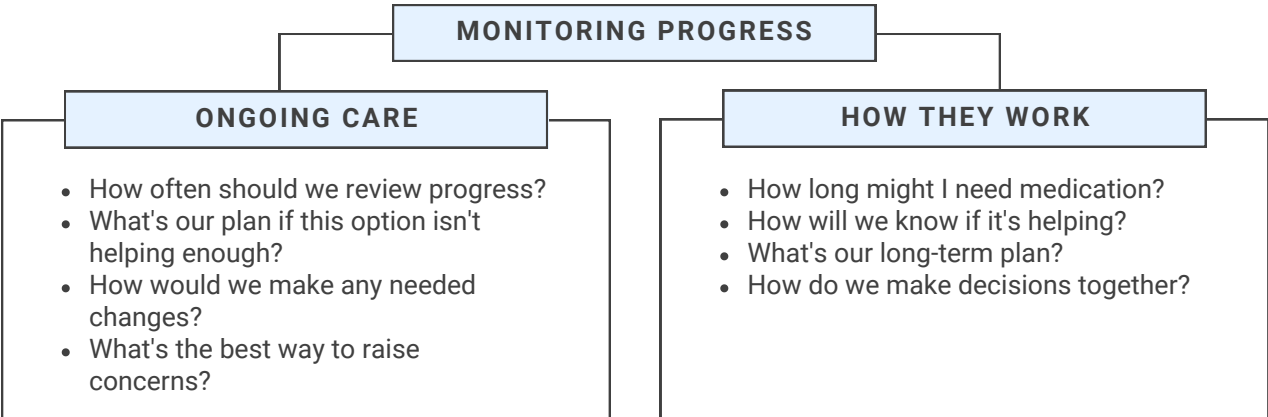
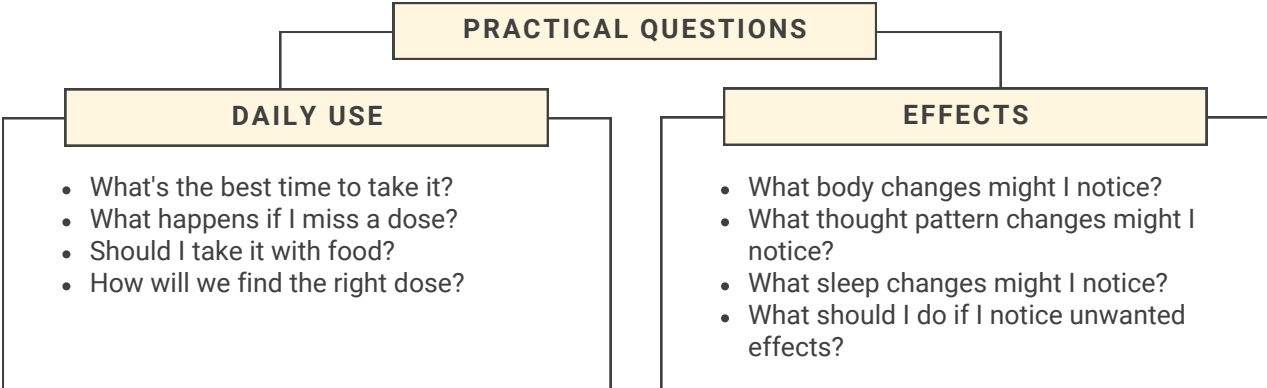
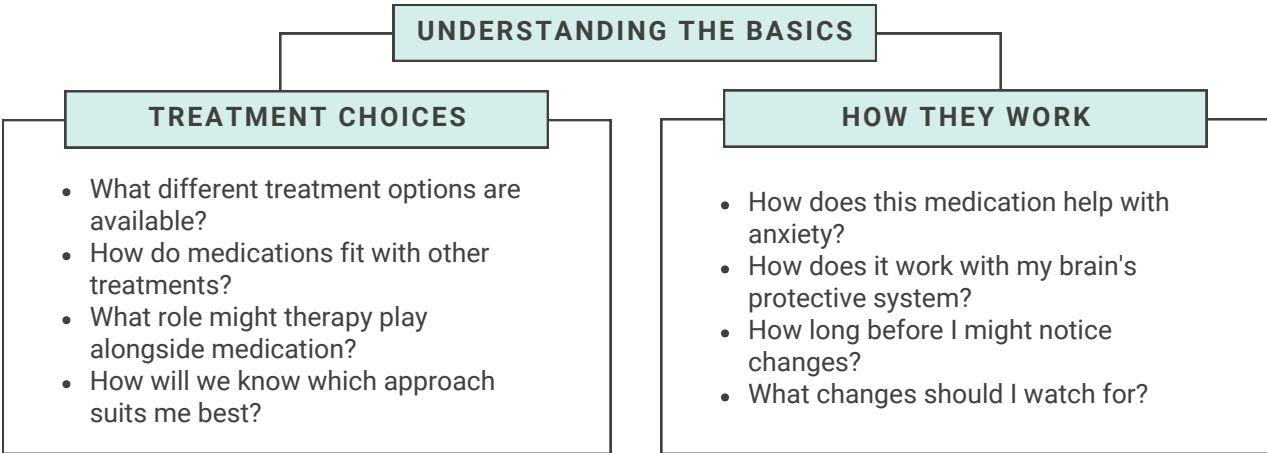
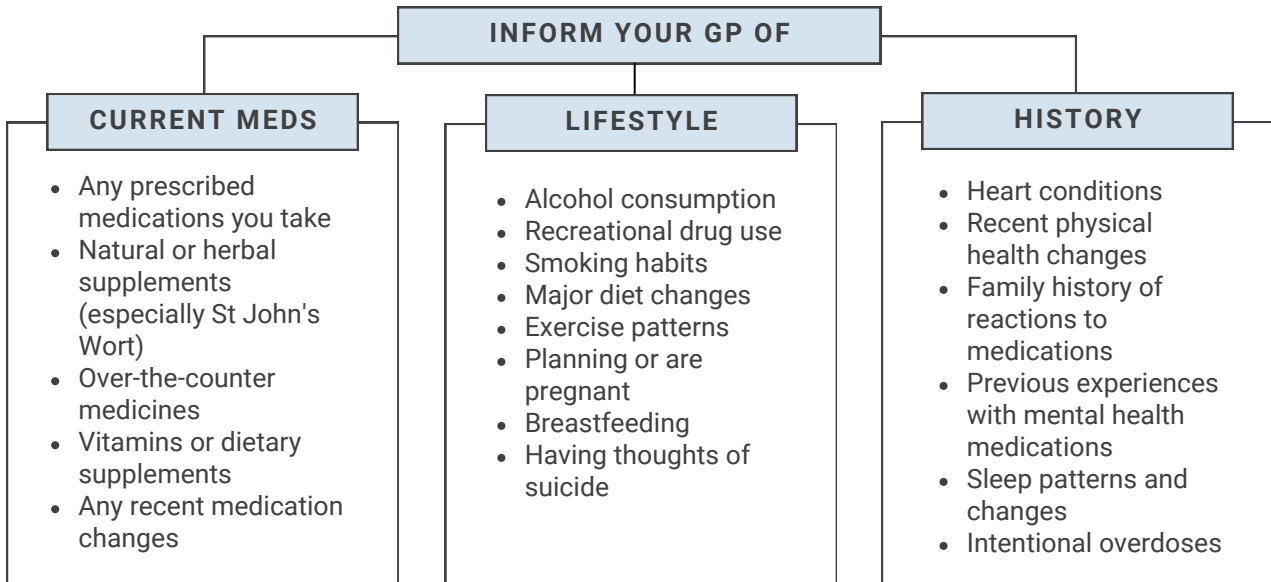


Understanding anxiety medications

Being actively involved in your mental health care helps you make informed choices. These questions can guide conversations with your healthcare team



Understanding anxiety medications



Being open with your GP about your full health picture helps prevent unwanted effects and supports better treatment choices. Remember, your GP's role is to help you make informed decisions about your health, not to judge your choices. They have seen and heard it all before - their focus is on keeping you safe and supporting your wellbeing

RESOURCES			
Lifeline Crisis Support lifeline.org.au 13 11 14	Head to Health Information & Support headtohealth.gov.au	Black Dog Institute Information blackdoginstitute.org.au	Beyond Blue Information & Support beyondblue.org.au 1300 22 4636
TGA Information tga.gov.au 1800 020 653	ARCvic Helpline arcvic.org.au 1300 269 438	000 Emergency Care tiplezero.gov.au 000	AHPRA Complaints & Directory ahpra.gov.au 1300 419 495

- REMEMBER**
- There are no silly questions
 - Your experience matters
 - Regular reviews help adjust care
 - You are part of the decision-making team
 - Different approaches work for different people
 - Medication is only one treatment option