**My Medications**

**Medication** is sometimes called medicine or drugs.

Medication can be in

* a tablet
* a pill
* a drink
* a needle

Doctors tell people which medicine to take to help make them better.

|  |  |  |  |
| --- | --- | --- | --- |
| **Medication name** | **What I take this medication for** | **When I take this medication** | **How this medication may make me feel** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**My Medications**

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This planning sheet is part of a series of easy read resources explaining

* how people can access public mental health services in New South Wales and
* what they can expect.

For information on how to support people to use easy read see [**Making mental health information accessible for people with intellectual disability****– A Toolkit**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_AccessibleInformation_Toolkit_ERv1.pdf)

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