



The Medication Support & Recovery Service is a free and confidential health service to help people who have problems with their use of medications.

This includes prescription and over-the-counter medications such as opioid pain killers (including codeine or oxycodone), benzodiazepines (including diazepam or temazepam) or other types of medications.

We work with adults, young people and families across the East and North-East areas of Melbourne.

Medication Support & Recovery Service

About Us

The Medication Support & Recovery Service is an initiative of the Connect4Health partnership, funded by the Eastern Melbourne Primary Health Network.

Connect4Health is a collaboration between three community health services in Inner East Melbourne: Access Health and Community, Carrington Health and Link Health and Community. To provide services across the whole East and North-East region of Melbourne, Connect4Health have partnered with Inspiro Community Health Service and healthAbility.

> accesshc.org.au

> linkhc.org.au

> carringtonhealth.org.au

> inspiro.org.au

> healthability.org.au



What is the Medication Support & Recovery Service?

The MSRS is a specialist addiction service to help people who have problems with their use of prescription or over-the-counter medications.

The MSRS offers a range of treatment services, including:

- Individual and family counselling
- Nursing and withdrawal support
- Peer support and group programs
- Referrals to residential withdrawal and rehabilitation
- Referrals to other health services (such as pain clinics, physiotherapy and sleep clinics)
- Education and training programs for healthcare services and community organisations.

Who can attend the MSRS?

Anyone who is worried about their use of prescription or over-the-counter medications can access our service. We also support families and friends worried about someone else's use of medications.

We welcome people who also have other mental health concerns, or who use alcohol and other drugs as well as medications.

How much does it cost?

All services are provided at no cost to you, and you don't need a Medicare card or GP referral.

Where is the MSRS?

We are based in local community health services across the East and North-East regions of Melbourne.

Is my medication use a problem?

The MSRS is a specialist addiction service to help people who have problems with their use of prescription or over-the-counter medications.

The MSRS offers a range of treatment services, including:

- I'm taking more medication than was prescribed to me
- I feel I can't cope without my medication
- I feel like my current dose doesn't work as well as it used to
- I don't feel in control of my medication use
- I use alcohol or other drugs to cover up or increase the effects of my medication
- I hide my medication use from friends or family
- I worry about running out or not having access to medication
- I feel unwell, anxious or stressed when I've tried to cut down or stop taking medication

If you ticked one or more boxes, you might have problems with your use of medication. Call us to talk about how we can help

How do I make an appointment?

For more information or to make an appointment, Call us on 1800 931 101 or visit our website www.msrs.org.au

If you need urgent support or medical attention, please contact emergency services on 000.

> 1800 931 101

> www.msrs.org.au

