



APSU Forum on Prescription Monitoring and Codeine Legislation Changes

Supports

Relevant Services:

- Medication Support and Recovery Service through ACCESS Health: 1800 931 101
www.msrs.org.au

Medication Support and Recovery Service (MSRS) is a specialist addiction service to help people who have problems with prescription or over the counter medications. The MSRS is based in a number of community health services in the East and North East Areas of Melbourne (Doncaster East, Hawthorne, Box Hill, Glen Waverly, Lilydale, Eltham and Clayton).

“The MSRS has specialist counsellors, nurses and peer support workers (people who have a personal experience of medication problems) who can help you to cut down, quit or make changes in your medication use. We can also connect you with doctors, mental health services, physiotherapists and other health services to support your overall health and well-being. The service is fully funded through Eastern Primary Health Network so is free. Anyone who has problems with their use of prescription or over-the-counter medications can come to our service for help. It doesn't matter where you live or what your age is. You don't need a Medicare card, private health insurance or a GP referral to come to our service.

We welcome people who might also have problems with mental health (like anxiety or depression). People who are using alcohol or other drugs as well as medications are also welcome at our service. Consumers can self-refer by calling 1800 931 101 to speak with a worker or through the web page. “

The webpage also has lots of information like fact sheets on pain and medication and links to resources and stories: www.msrs.org.au

- AOD @ the GP through Caraniche: 1800 931 939 or email:
AODatTheGP@caraniche.com.au

AOD @ the GP is only available for the Eastern Melbourne Primary Health Network Area. This is a service for health care workers and consumers to call or email and get support from AOD specialists. The specialists can provide current resources, facilitate secondary consults, support with referrals to AOD services and provide AOD specialist knowledge and advice.

There are some free face to face support appointments available with Recovery Support workers in specific locations only.



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Self Help Addiction Resource Centre

- Reconnexion: 1300 273 266 or <http://www.reconnexion.org.au/>

Reconnexion is a not-for-profit organisation who provide information, support and treatment for people experiencing panic, anxiety, depression and tranquiliser (benzodiazepine) dependency. Specialised counselling is available at Malvern East, Ringwood and Melton. Telephone and email information and support is available Australia wide. Consumers can call 1300 273 266 Monday to Friday from 9-5pm or email info@reconnexion.org.au

Phone Lines & Online support:

- Real Time Prescription Monitoring (Safe Scripts) Task Force Phone Line: 03 9096 5633 or email: rtpm@dhhs.vic.gov.au

This is a dedicated phone or email service to address questions and concerns about the Real Time Prescription Monitoring initiative.

- Medicine Line for Consumers: 1300 MEDICINE (1300 633 424) or <https://www.nps.org.au/medicines-line>

Medicine Line is a phone line that consumers can call from anywhere in Australia to get information on prescription, over-the-counter and complementary (herbal, 'natural', vitamin and mineral) medicines. The hours of operation are Monday to Friday 9am to 5pm

- Direct Line Telephone support: 1800 888 236 or <http://www.directline.org.au/support-options>

Direct line is a 24/7 telephone support service for the general public as well as health professionals to get support, counselling, referral and information around drug and alcohol issues. The service provides information around: pharmacotherapy prescriber and pharmacy contact details, details of needle syringe programs and bin locations, details of drug and alcohol agencies and drug withdrawal beds, substance driving education and assessment referral among other things.

- PAMS- Pharmacotherapy Advocacy, Mediation and Support (PAMS) Service: 1800 443 844

PAMS can provide information on anything & everything to do with the Victorian Pharmacotherapy Program (Suboxone, Methadone etc.,) including: How it works? What to expect? What type of pharmacotherapy would suit you best? Access to service providers (doctors and chemists).



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PAMS is also available to pharmacotherapy patients, prescribers or pharmacists to help resolve problems with accessing or delivery of pharmacotherapy. PAMS will assist in mediating outcomes to these problems. Consumers can call 1800 443 844 from 10am to 6pm Monday to Friday. The Harm Reduction Victoria web page also ad excellent information on consumers considering pharmacotherapy at:

<http://hrvic.org.au/pharmacotherapy/for-consumers-others/wanting-treatment/>

Helpful Webpages:

Turn to Help offers information about codeine and painkiller dependence and different types of treatment options. <https://www.turntohelp.com.au/>

Script Wise are a not-for-profit Australian organisation who aim to reduce overdose and other harms from prescription and over-the-counter medications

<http://www.scriptwise.org.au/about-us/>

Tame the Beast is a webpage to help people Re-think chronic pain. It provides videos and resources on re-training your brain to process persistent pain.

<https://www.tamethebeast.org/>

Community Overdose Prevention and Education (COPE) Australia is a community based opioid overdose prevention intuitive funded by the Victorian Government

<http://www.penington.org.au/programs-and-campaigns/resources/cope-overdose-first-aid/>

The Victorian Government Health Website has extensive information on Pharmacotherapy

<https://www2.health.vic.gov.au/public-health/drugs-and-poisons/pharmacotherapy>

Pain Management Blog Post (Creaky Joints) on consumer viewpoint on the Codeine policy changes which offers advice on options and different viewpoints.

<https://creakyjoints.org.au/news-and-features/changes-codeine-prescription-regulations-australia-will-affect/>

NPS Medicine Wise is making Australia more medicine wise through digital health and data insights, health professional education and reliable health information for consumers.

<https://www.nps.org.au/>

Specific information to help you make the best decisions about your medicines and medical tests can be found at <https://www.nps.org.au/medical-info/consumer-info>