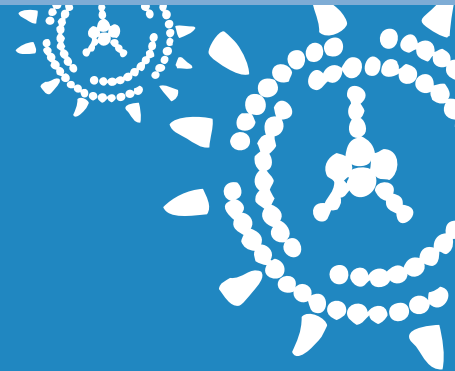


# Mental health medication story

A guide to talking about medication for mental health



## Yarning about mental health

Tricia Nagel & Carolyn Thompson, AIMhi NT

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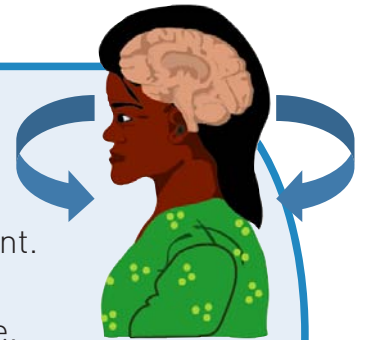
Inside your head is your brain.

Each person's brain is very different.

The brain is like our control centre.

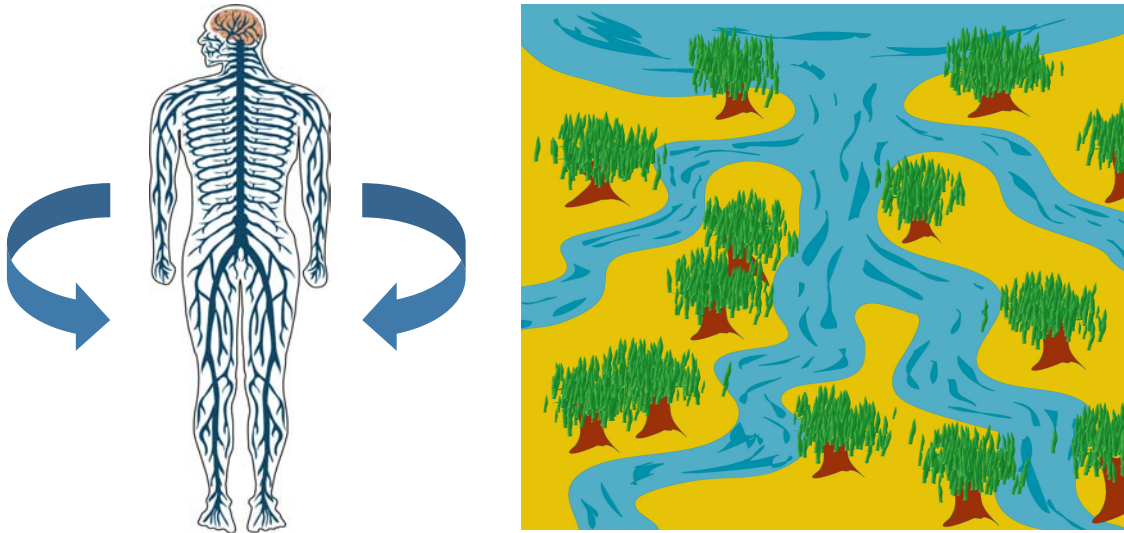
The brain sends messages around the body.

Messages are carried by natural chemicals in the body — like water in a healthy river system.



In a healthy person, all the chemicals in the nervous system are balanced.

Like water in a healthy river system.

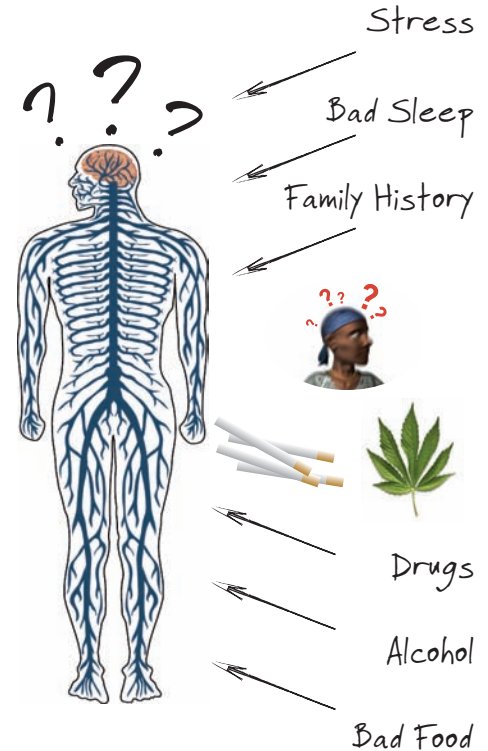




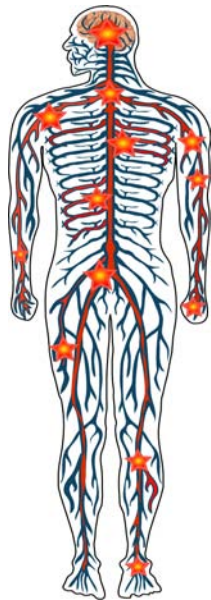
Some things can make the balance in our nervous system go all wrong.

Things like:

- using grog, gunja or other drugs
- sniffing petrol
- too much worries or stress.



Drugs, alcohol and stress can make the balance wrong. The person's balance is all wrong like a river system with dams or bad chemicals.





When the balance goes wrong in the nervous system, confused messages are sent around the brain and body.

When the balance is all wrong in the person's brain and body, they may get a mental illness.





Treatment for mental illness  
is Two Way —

**Aboriginal way** and **Western medicine way**  
working together





We can get back in balance by making changes.

Sometimes we need Western medicine.

Sometimes we need Aboriginal way. Sometimes both.





Social changes  
are about doing  
different things.

Like playing footy  
or going fishing.





Other social changes for better mental health might be to talk to Elders or to council or to clinic mob — or to mental health mob.



There are three main sorts of mental illness – psychosis, depression and anxiety.



**Psychosis**

**Depression**

**Anxiety**



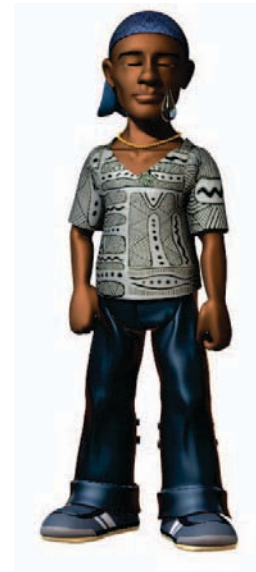
Psychosis is the illness of hearing voices, seeing things or mixed up thoughts.



**Psychosis**



Depression is  
the illness of  
feeling very  
sad inside.



**Depression**



Anxiety is  
the illness of  
feeling very  
worried inside.



**Anxiety**



There are three main sorts of tablets for mental illness.



**anti-  
psychotics**

**anti-  
depressants**

**anti-  
anxiety tablets**



Mental health medicine taken for **one** day will help balance for **one** day. Medicine taken **every** day will help balance **every** day.







Medicine can be hard to take regularly.

Put medication where you can see it so you remember to take it.





Take medication the same time each day — like when you get out of bed — so you remember to take it.





Use a dosette or Webster pack each day so you remember to take it.





There are three common early warning signs of getting sick with mental illness again:

1. Change of appetite
2. Worry or restlessness
3. Change of sleep.



If you notice early warning signs of getting sick again – make changes and get help quickly.



The three common trigger factors for getting sick again are:

1. Stopping treatment
2. Life troubles
3. Grog, gunja or other drugs.





If you have trigger factors or early warning signs of getting sick again – make changes and get help quickly.



Mental health medicine needs to be checked regularly by your doctor. Sometimes you need **more** for balance, sometimes you need **less**, sometimes you need to **change** medicine.

Use the dosette or Webster pack each day so you remember to take it. If you have trouble remembering tablets, mental health injections (needles) might help. Mental health injections can help balance for weeks.



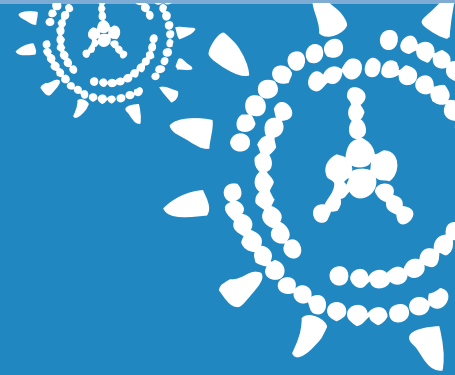


Sometimes going to country is all you need.

Country is good to us.

Country is important.

Country is good medicine.



**Feedback invited – AIMhi NT**

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