

# Me and my Medication



## What medication helps with



Medication can help us if we are ill, have a disease or a life long health problem.



We take medication to help us to feel better and to help our body or our mind.



We all get poorly sometimes, we might catch a cold, cough or flu or we can feel sick.



Some medications are given to you to take for a short time. These might be to treat:

- a cold
- sickness
- fever
- stomach problem



Sometimes people have problems with how they think or feel, they may be given medication like:

- antipsychotics
- antidepressants
- mood stabilisers
- tranquilisers



**Life long** medication can be given by your doctor for such things as:

- diabetes
- high blood pressure
- heart disease
- depression or epilepsy

**Life long** means these need to be taken all your life



There are many other lifelong illnesses that may need lifelong medication.

People who have epilepsy are given lifelong medication for this.



Whatever medication you are given, it is important to take it when you should and to stop taking them if you have to take them only for a few days or weeks.

Ask someone you trust to help you if you are not sure.