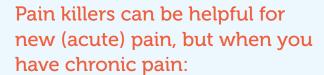


Look after your mind, body and spirit to manage pain

YOU CAN CHANGE your pain

How to get off medications?





- They can control your life
- Sometimes you can become dependent
- Sometimes they make you really sick
- Sometimes they make it hard to think
- Sometimes they make you really sad
- Sometimes they make pain worse.



What can you do?

• Make a **DEADLY Pain Plan**



www.aci.health.nsw.gov. au/__data/assets/pdf_ file/0018/406521/OurMob_ HealthPlan_Fillable_Form_ ACI161214.pdf

- Talk to a health worker, pharmacist or doctor
- Know what pills you are taking
- Do not stop suddenly
- Come off slowly with your doctor's help
- Don't share or give to others
- Use your other ways to deal with pain
- Have support in place
- Tell your family.

For more information about medications click here.



