



National Prescribing Service Limited

MEDIA RELEASE

24 November 2009

R U OK with your medicines?

On Sunday 29 November 2009 the inaugural R U OK? Day will bring Australians together in a bid to raise awareness of risks contributing to suicide. The event encourages people to reach out to friends and loved ones and simply ask, 'Are you ok?'

As a provider of medicines information, the National Prescribing Service (NPS) is a unique supporter of R U OK? Day, and urges people to think about whether they are ok with their medicines.

"The role of medicines and non-medicine treatments in both depression and chronic diseases should not be underestimated, which is why we want people to stop and actually consider if they are ok with their medicines," NPS CEO, Dr Lynn Weekes said.

"This includes knowing what your medicine is for and how to take it; being able to manage the cost of your medicines and speaking up if things are getting hard; and recognising that lifestyle changes can sometimes be as effective as medicines."

The number of Australians diagnosed with chronic diseases each year is increasing rapidly and while diagnosis can be a relief, for many it means having to completely change their lifestyle. This can also affect family members and carers.

"People with chronic diseases and their carers will benefit from the new webpage we have put together which collates information about medicine management and antidepressants," Dr Weekes said.

Resources have been provided to GP clinics and pharmacies to raise awareness of R U OK? Day and to ensure health professionals have the information necessary to help anyone who may need it.

In the lead up to R U OK? Day businesses are encouraged to take part in R U OK? Arvo on Friday 27 November which aims to reduce stress and depression in the workplace by encouraging work mates to connect and support each other.

"NPS is committed to the health and wellbeing of its staff and will be encouraging everyone to take part in activities during the afternoon. We hope our member organisations and their members are able to lead by example and take part in this event too," Dr Weekes said.

For more information visit www.ruokday.com.au or www.nps.org.au

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Media enquiries to Katie Butt, NPS Media Adviser, 02 8217 8667 or kbutt@nps.org.au

The National Prescribing Service Limited (NPS) is an independent, not-for-profit organisation for quality use of medicines funded by the Australian Government Department of Health and Ageing.