

# MY HEALTH MY VOICE

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## Caring for your mind

The ups and downs of life are quite normal, but sometimes the stresses of everyday life can be a challenge. To help us get through these stressful times we may need to talk with trained counsellors by phone or meet them face to face.

A few telephone sessions can make us feel much better about ourselves, and about our place in the community. You can call the free CAREinMIND Wellbeing telephone counselling service on **1300 096 269** at any time. Counsellors are there to listen, support and help you get through when things get hard.

If you need more help, then it's a good idea to visit your doctor. They can talk with you about your concerns to help find out why you are feeling this way.

They may also be able to refer you for free counselling services through the North Western Melbourne Primary Health Network (NWMPHN) CAREinMIND program, if you live in the north or west of Melbourne.

Ask your doctor to complete a Mental Health Treatment Plan with you and contact [careinmind@nwmpnhn.org.au](mailto:careinmind@nwmpnhn.org.au) to find out what services are available.

## Leadership Training

Would you like to take part in the **Collaborative Pairs** leadership training program? North Western Melbourne PHN and Consumers Health Forum are offering the program to help consumers and health providers work in partnership with each other.

It involves five workshops and working together on a specific challenge in your health service.

We will be inviting consumers and health service providers who already know each other to apply together. More information and details on how to apply to come.

**phn**  
NORTH WESTERN  
MELBOURNE

An Australian Government Initiative

*My Health, My Voice* is a newsletter of North Western Melbourne Primary Health Network, a non-profit organisation working to improve health care in our local communities.

To subscribe or unsubscribe from this newsletter please email us at [myvoice@nwmpnhn.org.au](mailto:myvoice@nwmpnhn.org.au) or call (03) 9347 1188.

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 [www.nwmpnhn.org.au](http://www.nwmpnhn.org.au)

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## TIME TO IMMUNISE MELBOURNE

A new campaign is asking more parents to vaccinate their babies and toddlers to help protect them against serious disease.

'It's time to immunise Melbourne' is helping parents remember to get their babies vaccinated when they are 12-18 months old.

Nearly 10% of children are missing out on at least some of the vaccines given between 12 to 18 months.

Royal Children's Hospital paediatrician Dr Margie Danchin said our busy lives make it easy to miss vital immunisations.

"Vaccination is lower for these age groups because in the second year of life parents may be back at work or there may be a new baby in the house," Dr Danchin said.

Families can visit [immunisemelbourne.org.au](http://immunisemelbourne.org.au) to find out more about why it's so important to immunise their children.

They can also get the Vax on Time app through either the Android or Apple app stores to help them keep up to date.



PHOTO BY ICON AGENCY

## GETTING RID OF OLD MEDICINES

Did you know that old or unused medicines can be returned to a pharmacy for free, safe disposal?

Keeping old (or unused) medicines at home can be dangerous because:

1. They may get into the wrong hands. This could cause harm or poisoning to children or pets.
2. Old medicines may no longer work well.
3. Sharing old medicines with family or friends can put them at risk of side effects.

4. Throwing old medicines into the bin or down the toilet is unhealthy for the environment.

The pharmacy will put your old medicines into a special bin. These bins are sent offsite and then destroyed at high temperatures. This process is approved by the Environmental Protection Authority (EPA).

For more information call **1300 650 835** or go to: [www.returnmed.com.au](http://www.returnmed.com.au)



## MY HEALTH RECORD

This year you will get a My Health Record unless you say you don't want one.

My Health Record is an online summary of your health information.

My Health Record will bring together health information like medical conditions, medicines, allergies and test results in one place.

This means safer and more efficient care for you and your

family. Doctors, pharmacies and hospitals can have secure access to this information so they can care for you better.

### How can you opt out?

If you decide that you don't want a My Health Record, you can opt out between now and 15 November 2018.

You can opt out online at [www.MyHealthRecord.gov.au](http://www.MyHealthRecord.gov.au) or over the phone **1800 723 471**.



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