



MyHealth™ Newsletter

MENTAL HEALTH AWARENESS

Each year, 1 in 5 Canadians will experience a mental health problem. As a result, it is likely that mental illness touches us all in some way, either directly, through a friend, family member or colleague. Even though there are many people who suffer from mental illness, there is still a social stigma attached to it, which can prevent some from accessing the treatment they need to live healthy, productive lives.

As an accessible health care provider, your Remedy'sRx pharmacist can play a key role in improving community mental health by providing confidential, patient-centred screening, support and medication management.

SCREENING

Your Remedy'sRx pharmacist can provide confidential screening services to help patients who are at risk for illnesses such as depression. They can then collaborate with physicians and other health care team members to advise treatment and prevent worsening symptoms.

SUPPORT

Pharmacists can support patients living with mental illness by working collaboratively with patients, their family and other healthcare

providers. They can provide medication and treatment education, as well as provide referrals to resources that will encourage effective on-going treatment.

MEDICATION REVIEWS

Treatment for patients living with mental illness may include taking multiple medications. Pharmacists can conduct a medication review to ensure that any medications being taken are appropriate, effective and safe. As a medication expert, your pharmacist can ensure effective treatment through medication adherence.

Your pharmacist plays an essential role in providing accessible care and support to improve the health outcomes of patients living with a mental illness. If you or someone you know is suffering from a mental illness, treatment is possible. Speak to someone you trust or reach out to your healthcare provider for support. Conversation is the first step towards recovery.

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.