

Medication Management

Mental Health medications can be quite confusing, with difficult names, multiple uses and wide ranging dosages, in this workshop we aim to unpick the complex maze of psychiatric and mental health medications.

Working in partnership with a pharmacist, this workshop aims to help you gain an understanding how your medication works. We will explore tips on how to manage side effects, create a medication routine and make your medication work for you.

Wednesday 1st November
2:00 pm - 3:30pm
1 session, online

Enrol with us, free to join



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