



5 Steps in Taking Charge of Your Mental Health

1. Find the right specialist:

Ask your doctor or nurse to help you find a specialist and make your first appointment. There may be a long wait for your first visit, so speak up if you need to see someone right away. If the first mental health specialist you see isn't a good fit, keep looking for one who works for you.

2. Make your appointment count:

Be ready to talk about your health history and what you're experiencing. You may be asked to fill out a questionnaire describing your mental health experience. Be clear about what you want and need to get better. Ask the mental health specialist to explain treatment options so you understand the plan and what you need to do.

3. Ask questions:

If I have thoughts that scare me what should I do?
How often should we meet? What can I do between appointments if I need help?

4. Stay involved:

Keep a wellness log and monitor your progress. Ask for changes if your treatment plan is not working. Stick with it; most therapies and medications take time to work for you.

5. Live well:

Remember that you have control over living well. Find a routine that works for you that includes a healthy diet, exercise and regular sleep patterns. Stay close to your support network. Engage family, friends, teammates and your faith community. Think about joining an online community. Be realistic and mindful of your needs and know your limits.



Don't Wait. Make an appointment today:

visit www.chdi4health.org or call **830-278-7105**