

Taking Charge of Your Mental Health

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.

MAKE YOUR FIRST APPOINTMENT COUNT



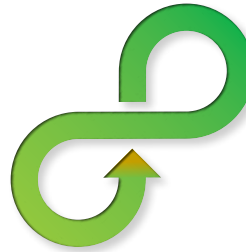
- Be ready to talk about your health history and what you're experiencing.
- You may be asked to fill out a questionnaire describing your mental health experience.
- Be clear about what you want and need to get better.
- Ask the mental health specialist to explain treatment options so you understand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

ASK QUESTIONS



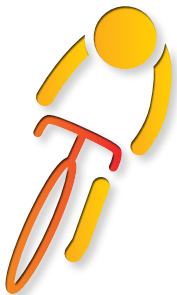
- If I have thoughts that scare me what should I do?
- Do I have to take medication? What does it help with? What are the side effects?
- How often should we meet? What can I do between appointments if I need help?
- How long will it take for me to feel better?

STAY INVOLVED



- Keep a wellness log and monitor your progress.
- Ask for changes if your treatment plan is not working for you.
- Stick with it; most therapies and medications take time to work.
- Your treatment plan may change, so be an active partner in this process.

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 and engage them.
- Be realistic and mindful of your needs and know your limits.

GETTING THROUGH IT



- Try staying away from drugs and alcohol.
- If you use alcohol or drugs, be honest and tell your therapist or doctor because it affects your care plan.
- Stay positive. Surround yourself with positive messages, people and activities.

MidMichigan Medical Center - Midland

- Hope Portal, powered by 211 Northeast Michigan, is a web-based resource, connecting people to the help they need in just a few clicks. www.myhopeportal.com
- Inpatient Psychiatric Care (989) 839-3690

MidMichigan Medical Center - Gratiot

- Inpatient Psychiatric Care (989) 466-3304 or Toll-Free (800) 392-7652
- Outpatient Psychiatric Partial Hospitalization Program . . . (989) 466-3253 or Toll-Free (800) 392-7652

MidMichigan Medical Center - Alpena

- Inpatient and Outpatient Psychiatric Care (989) 356-7242 or Toll-Free (800) 288-7242