



## TAKING CHARGE OF YOUR MENTAL HEALTH

### *Depression & Mental Health Screening Month*

Navigating life with a mental health condition can be tough and the isolation, blame and secrecy can create challenges to reaching out, getting needed support and living well. You are not alone! **Take charge of your mental health by calling HMC HealthWorks at 888.369.5054 to help you with the following:**

# 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.
- Remember, if the first mental health specialist you see isn't a good fit, keep looking for one who works for you.

# 2



#### **MAKE YOUR FIRST APPOINTMENT COUNT**

1. Be ready to talk about your health history and what you're experiencing
2. Be clear about what you want and need to get better
3. Ask the mental health specialist to explain treatment options so you understand the plan and what you need to do

# 3



#### **ASK QUESTIONS**

1. If I have thoughts that scare me what should I do?
2. How often should we meet? What can I do between appointments if I need help?
3. Do I have to take medication? What does it help with? What are the side effects?
4. How long will it take for me to feel better, a few days, weeks or months?

# 3



#### **STAY INVOLVED**

- Keep a journal 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