

I'M NOT OKAY

A RESOURCE & CHECKLIST
FOR A STRONGER TOMORROW

KNOW | ASK | SEEK | ADVOCATE | HEAL

Your Mental Health Matters

It's okay to ask for help.

*"A STRONG MIND
BUILDS A BRIGHTER YOU."*

This checklist is here to help you take charge of your mental health, ask the right questions, know where to turn, and remember —
YOU ARE NOT ALONE.

GET HELP NOW

If you or someone else is in danger:

- ☐ I may hurt myself or someone else
- ☐ I am having suicidal thoughts or feel I cannot stay safe
- ☐ I am experiencing severe confusion, hallucinations, or loss of touch with reality
- ☐ I have severe trouble breathing, swelling of face/throat, fainting, or another serious allergic reaction
- ☐ I am experiencing a medical or mental health emergency

CALL 911

for an immediate emergency



BEFORE MY APPOINTMENT

Be prepared. Bring this information with you.

- ☐ My symptoms / concerns
- ☐ When they started
- ☐ Current medications (prescription, OTC, vitamins, herbs, supplements)
- ☐ Allergies (medication, food, etc.)
- ☐ Previous reactions to medications
- ☐ My pharmacy information
- ☐ My medical history (including mental health)
- ☐ Questions I want to ask
- ☐ A trusted support person (if needed)



MEDICATION SAFETY CHECKLIST

Call your provider or pharmacist if:

- ☐ I started a new medication and have new or worsening symptoms
- ☐ I am having side effects that are difficult to tolerate
- ☐ I am not sure if two medications can be taken together
- ☐ Another provider changed my medications
- ☐ I take prescription meds, OTC meds, vitamins, herbs, or supplements and I am unsure about interactions
- ☐ I missed several doses and don't know how to restart
- ☐ I want to stop taking a medication
- ☐ I feel the medication is making my condition worse
- ☐ I do not understand why I am taking the medication
- ☐ I cannot afford the medication or insurance won't cover it
- ☐ I am pregnant, recently gave birth, breastfeeding, or planning pregnancy and have questions
- ☐ I am taking medications from more than one provider



CRISIS & SUPPORT HOTLINES

- ☐ **988 Suicide & Crisis Lifeline**
Call or text 988 (24/7, free, confidential)
- ☐ **1-800-273-TALK (8255)**
Suicide Prevention Lifeline
- ☐ **Text HOME to 741741**
Crisis Text Line (24/7)
- ☐ **1-800-662-HELP (4357)**
SAMHSA National Helpline
(substance use & mental health)
- ☐ **Postpartum Support International**
1-800-944-4773 | Text 503-894-9453
www.postpartum.net



QUESTIONS FOR MY PROVIDER

- ☐ Why are you prescribing this medication or treatment?
- ☐ What should I expect and how long before it may help?
- ☐ What are the common side effects?
- ☐ What symptoms or side effects mean I should call you?
- ☐ Are there symptoms that require emergency care?
- ☐ How long will I need to take this medication?
- ☐ Can this medication be stopped suddenly, or does it need to be reduced gradually?
- ☐ What should I do if I miss a dose?
- ☐ When should I follow up?
- ☐ Do you recommend therapy or other support services?
- ☐ Are there lifestyle changes that can help?



QUESTIONS FOR MY PHARMACIST

- ☐ Is this medication safe with everything I currently take?
- ☐ Could these medications interact?
- ☐ What side effects should I watch for?
- ☐ Should I take it with food or at a certain time?
- ☐ What should I avoid while taking this medication (alcohol, certain foods, other meds)?
- ☐ Are there over-the-counter medications I should not take?
- ☐ When should I contact you or my provider?
- ☐ Can this medication be stopped suddenly?
- ☐ What do I do if I miss a dose?



EXAMPLE QUESTION

- ☐ "I currently take Wellbutrin and I've been prescribed Lexapro. Are these medications appropriate to take together for me, and what interactions or side effects should I watch for?"
(Always ask your provider or pharmacist about your specific medications.)



STUDENT RESOURCES

- ☐ Campus Counseling Services
- ☐ Dean of Students / Student Support
- ☐ Academic Advisor
- ☐ Student Health Center
- ☐ Crisis Hotline (often listed on campus website)
- ☐ Financial Aid / Emergency Support
- ☐ Access and Disability Services



WORKPLACE RESOURCES

- ☐ Employee Assistance Program (EAP)
- ☐ Human Resources (HR)
- ☐ Workplace Mental Health Benefits
- ☐ Flexible Work Options
- ☐ Community Resources (through employer)



PATIENT ADVOCATE SERVICES

- ☐ Help you organize your health information
- ☐ Prepare questions for your appointments
- ☐ Understand next steps and treatment options
- ☐ Communicate concerns with your healthcare team
- ☐ Navigate providers, referrals, medications, and insurance
- ☐ Support you in making informed decisions

A patient advocate does not replace your healthcare provider. An advocate helps you become more informed, prepared, and confident in your care.

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Where Your Voices Matter Podcast

Be the person who asks twice.

- ☐ "How are you?"
- ☐ "No, really. How are you?"

YOUR VOICE MATTERS

*Real Conversations.
Real Support.
Real Change.*



Where Your Voices Matter
PODCAST

OUR LISTENING CIRCLE

EDUCATION | AWARENESS | ADVOCACY | SUPPORT | STRONGER COMMUNITIES

Empowering Care One Skill at a Time

This resource is for educational purposes only and is not medical advice. Always consult your healthcare provider, pharmacist, or a qualified professional for personal medical guidance.