

TALKING TO HEALTH CARE PROVIDERS

You should see yourself as a partner with all of your health care providers. Don't feel intimidated by your providers or think that you are wasting their time with questions. Communicate your symptoms, feelings and needs. Write things down or bring someone with you to appointments to help you remember things.

QUESTION/CONCERN

ANSWER/COMMENT/SOLUTION

How long will it take to feel better and what can I do to improve my wellness/response to treatment?

Are there any foods or medications (including over-the-counter and "natural"/herbal) I need to avoid?

What should I do if I forget to take my medication?

Is there someone (such as a nurse) I can talk to if you aren't available?
Can I e-mail you?

What should I do in an emergency if I can't reach you at your office?

TALKING TO OTHERS ABOUT MY ILLNESS

It is your choice whether or not to tell others about your illness. Some people will be more understanding than others. It might be helpful to give some educational materials from DBSA to loved ones, or to refer them to DBSA's web site.

WHAT PEOPLE ASK ME**HOW I RESPOND**

Can't you just snap out of it?

Mood disorders are real physical illness like diabetes. Can a person snap out of low blood sugar?

What's the difference between your medication and street drugs?

My medication balances my brain chemicals. It is not addictive and does not make me crave more the way street drugs do. It has been tested and found to be safe.

You have so many things to be happy about. Why are you depressed?

I have an illness that interferes with my ability to be happy. I am working on getting well so I can enjoy my life.
