

**WHEN I'M GOING THROUGH A  
MEDICATION CHANGE I NEED:**

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

**1.**

**2.**

**3.**

*The*  
**MIGHTY**

**WHEN I'M HAVING A BAD  
MENTAL HEALTH DAY I NEED:**

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

**1.**

**2.**

**3.**

*The*  
**MIGHTY**