



Treatment Guide

Get The Care You Need

Ask questions. Get answers.

Have you had a complete evaluation? Yes No Should you see a specialist? Yes No

Is there a diagnosis? Yes No

If yes, what is it? _____

List your treatment options.

1	
2	
3	

Know Your Options

Medications can treat the symptoms of mental conditions, but they cannot cure the condition. Your success likely depends on your ability to **take charge** of your care, **ask questions** and **commit to whole-health treatment** options that don't rely on medication alone— like counseling and activities that manage stress and build resilience.

Stress Management & Resilience

Experiencing stressful or traumatic events can negatively impact your mental health and make it harder to manage everyday challenges. You can increase your ability to manage stress and build resilience against future stress through the following activities.

- Establish routines.
- Schedule time to play or relax.
- Diversify your experiences.
- Identify and label your emotions.
- Talk about your challenges.
- Seek out adult role models or mentors.
- Connect with friends.
- Schedule time to play or relax.

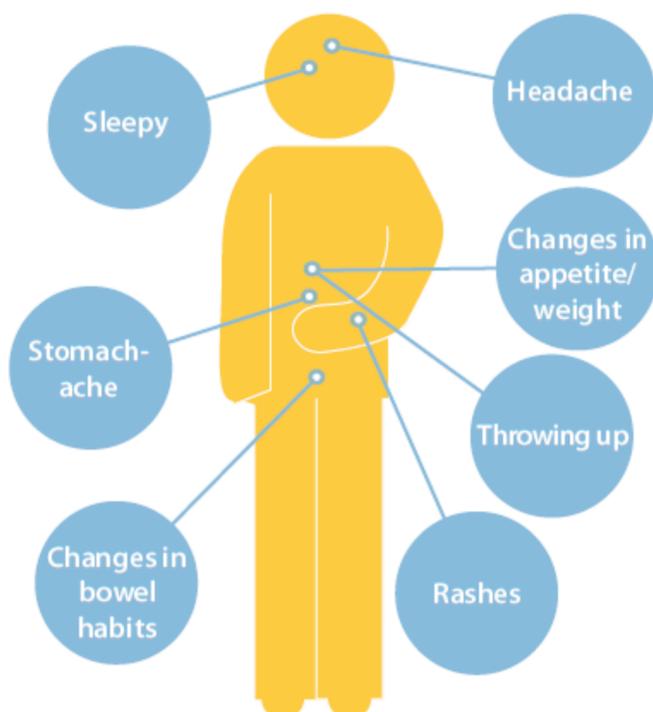
Questions to Ask about Counseling



- What should I look for in a therapist?
- What do I need to do to make therapy successful?
- Are there support groups I can go to?
- Will my conversations be kept secret?
- How often should I go?
- What if I don't like my counselor or can't connect with them?

About Medication

Any medications can cause common, general side effects, like...



About Side Effects

- Some side effects go away with time.
- If they happen right after starting medication, they might be side effects.

Medication Tips

- There may be other uses for medications, which is called "off-label" use.
- You should have therapy/counseling with your medication.
- Don't take street drugs or pills that are not prescribed to you.
- Understand the possibility of addiction with certain medications.
- Inform an adult about a medicine's negative effects immediately.
- Medications treat the symptoms of mental conditions.
- Medications don't cure the condition, but can help you feel and function better.
- Medications work differently for different people.
- Use caution. Medications can react with each other.



Continued Care Guide

Keep Track of Your Care

Common side effects are listed below by medication type and potential mental health conditions, but there may be other side effects you want to discuss with your doctor. It's important to know when to when to get help if you don't feel right.

Medication Legend/ Key		
bid = twice a day	prn = as needed	= Tell a nurse or doctor.
I = one	hs = bedtime	= See a nurse or doctor right away & take medication with you
ii = two	po = as needed	
iii = three	tid = three times a day	

Medication Side Effects Watch List

Symptoms	Potential Conditions	Medications	Common side effects	Rare side effects
Hyper, poor attention, act without thinking, poor listening	Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD)	Stimulants such as methylphenidate or amphetamines Brands: Ritalin, Adderall Non-Stimulant: Atomoxetine, Strattera	Light-headed Dry mouth/eyes	High blood pressure and heart rate Strange feelings on skin or seeing/hearing things that aren't there Mania (super hyper or moody)
Hyper, poor attention, act without thinking, poor listening	ADHD and ADD	Alpha-agonist such as clonidine, guanfacine Brands: Kapvay, Intuniv	Dizziness Sweating Sleeping problems	Trouble with liver or kidneys Changes in blood pressure
Depressed or sad, moody, worries a lot	Depression, Anxiety, PTSD, and Obsessive-Compulsive Disorder (OCD)	Antidepressants such as fluoxetine, sertraline and escitalopram Brands: Prozac, Zoloft, Lexapro	Loss of appetite Difficulty falling asleep	Depression worsens or suicidal thoughts, changes in heartbeat, body temperature or muscle tone, activation (repeated physical actions)
Extreme moods or behavior changes, racing thoughts, changes in sleep habits	Bipolar disorder	Mood Stabilizers* such as lithium Brands: Eskalith such as valproic acid Brands: Depakote <small>*Regular blood work is needed</small>	Tremors, thirsty, urinate a lot Nausea, tremors, weight gain	Trouble with kidneys and/or thyroid Easy to bruise/bleed, trouble with liver and/or pancreas, confusion

Less Common Medications

Medication Type	Potential Conditions	Common Side Effects	Rare Side Effects
Aripiprazole (Abilify®) Asenapine (Saphris®) Clozapine (Clozaril®) Iloperidone (Fanapt®) Lurasidone (Latuda®) Olanzapine (Zyprexa®) Quetiapine (Seroquel®) Risperidone (Risperdal®) Ziprasidone (Geodon®)	Schizophrenia Bipolar Irritability with autism Other *	Weight gain Feeling sleepy Dry mouth Constipation Blurred vision Restlessness	Muscle stiffness Unusual movement like jerking or twitching Changes in blood sugar and cholesterol Delay or changes in your period Breast enlargement in boys or girls Sudden high fever with confusion

*There may be other uses for medications which is called "off-label."

1 Keep Your Health Insurance.

- Youth and young adults with mental health conditions may be able to receive free health insurance through Ohio Medicaid.
 - medicaid.ohio.gov/forohioans/programs/
- Know your social security number.
- Know the contact information for your health plan.

2 Keep Taking Your Medicine.

- Understand how to take your medicine by talking to your doctor and pharmacist.
- Access needed medication at low to no-cost through:
 - Free health clinics.
 - NeedyMeds [needymeds.org]
 - Partnership for Prescription Assistance [pparx.org]
 - Prescription Hope [prescriptionhope.org]

3 Keep Going the Doctor.

- Visit your doctor for regular check-ups.
- Keep a list of doctors and prescriptions.
- Keep a copy of your medical records from the doctor's office in case you have to change doctors or seek supplemental care.
- Call your health plan if you need a new doctor and ensure your current doctor transfers your medical records to your new provider's office.



DANGER

Keep taking your medications and going to counseling. If you stop without talking to a doctor, it can disrupt your school, work, personal relationships and housing.