



Community Behavioral Health (CBH) encourages physicians to include you in decisions regarding your antipsychotic medication, such as Risperdal and Seroquel. CBH encourages you to understand why you are taking medication and ensure you are comfortable taking it.

Taking your medication may help reduce your symptoms, which will cause less disruption to your daily life. It can also help reduce your risk of

hospitalization. Managing your own medication is a crucial and empowering step in managing your mental illness.

In addition to medication, it is important that you have a support system in place for managing your mental health. Therapy, Certified Peer Specialists (CPSs), and family supports are crucial components of recovery and symptom management.

What you need to know about your antipsychotic medication:

- ➔ Always **talk to your doctor** before discontinuing a medication.
- ➔ In some cases, it may take **six to eight weeks** for medication to significantly decrease symptoms.
- ➔ If medication is not effective after this time, **contact your doctor.**
- ➔ If you have any questions about the medication, **contact your doctor or pharmacist.**

Antipsychotic Medications such as Risperdal and Seroquel are prescribed for multiple reasons, including schizophrenia and bipolar disorder. It is important to know *why* you are being prescribed an antipsychotic medication. **Ask your doctor** the following questions:

- ➔ **Why** am I being prescribed this medication?
- ➔ **What** is the best way to take this medication?
- ➔ **When** should I take this medication?
- ➔ **What** should I do if I miss a dose?
- ➔ **How** should I store this medication?
- ➔ **How** will I know if this medication is working?
- ➔ **What** side effects are possible?
- ➔ **How** will this medication help me?
- ➔ If I am unable to swallow the pill, **can I crush** this medication?
- ➔ Does this medication come in **any other form?**



Ways to remember to take your medication:

-  **Set alarms** for the times you need to take your medication.
-  Sign up for a **refill reminder** with your local pharmacy.
-  **Use an app** on your phone, like *Mango Health* or *Medisafe*, to send notification reminders for taking your medication.
-  Keep medications **next to your bed** if taken after waking or before bed.
-  **Keep a list** of your medications, including notes on how and when to take them.
-  **Take a picture** of your meds to share with your doctor or pharmacist.
-  Use a **pill box** to organize your medication.
-  **Set a reminder** for your medication refill.

Concerns when taking your antipsychotic medication

Ways to manage your concerns

I feel fine and do not need to take medication for my mental illness.

You may feel well *because* you're taking your medications. Talk to your doctor before discontinuing any medication. Ask your doctor or pharmacist questions about your prescription until you are satisfied with the response.

I dislike how the medication makes me feel.

Talk to your doctor about your side effects and mood. Your doctor may be able to change your dose or switch medications. Alert your doctor immediately if you experience pain or discomfort because of a medication.

I dislike what the medication does to me.

I have difficulty transferring medications from one pharmacy to another.

Contact your pharmacy or health plan about home delivery options.

I do not have easy access to a pharmacy.

I have too much going on in my life and can't keep track of my medication.

Taking your medication can help clear your mind. With a clearer mind, you will be better able to manage your other problems and responsibilities.

