How long will it take for me to feel better, a few days, weeks or months?

If I have thoughts that scare me what should I do?

Do I have to take medication? What does it help with? What are the side effects?

How often should we meet? What can I do between appointments if I need help?

FIND THE RIGHT SPECIALIST

ASK QUESTIONS

FIND THE RIGHT SPECIALIST

Ask your doctor or nurse to help you find a specialist and make your first appointment

Be ready to talk about your health history and what you’re experiencing

How often should we meet? What can I do between appointments if I need help?

Stay close to your support network. Engage family, friends, teammates and your faith community. Think about joining an online community

How long will it take for me to feel better, a few days, weeks or months?

STAY INVOLVED

LIVE WELL

GETTING THROUGH IT

Try staying away from drugs and alcohol. This is not always easy, so find strategies that work. Using drugs or alcohol to feel better is harmful to you.

If you use alcohol or drugs, be honest and tell your therapist or doctor because it affects your care plan.

Stay positive. Surround yourself with positive messages, people and activities. This will help you to feel better.

ASK QUESTIONS

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