



My Mental Health Medications Workbook

Fran Miller RN MSN BC

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It is estimated that 1 out of every 6 people experience some form of mental illness in their lifetime. These symptoms affect one's ability to cope with daily life as well as the ability to manage stressful situations.

This workbook is written to provide a better understanding of mental illness, how medications help to treat symptoms, and the necessary steps to take for mental health recovery. Having an understanding of one's mental illness and symptoms is the first step towards wellness. This workbook provides a step by step journey on the road to recovery. It is specifically designed for the patient and doctor to use together along with other members of the patient's treatment team. By using this workbook, patients will be able to better understand their illness and how to manage their recovery.

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