

It's ok not to be ok



Tips for talking with your health care provider:

1. If you don't know where to start, try talking to your **personal healthcare provider or doctor**
2. Be sure to **prepare ahead of your visit** a list of your questions, medications, and family history
3. Think about **bringing a trusted friend or relative** for support and a second set of ears
4. Remember to **be honest** about your feelings and symptoms
5. And **ask questions** – you have the right to feel comfortable with your own care

Self-care is not selfish. MIND health is interconnected with physical health, financial wellness, and connection. So, take the time to invest in yourself.