



It can be discouraging to try lots of different medicines that don't really seem to help. It can feel like a roller coaster ride. We get our hopes up that a new med will help and then we come crashing down when it turns out they're not really helpful at all.

Can you relate this? If so, you may be experiencing medication fatigue.

Here's what medication fatigue sounds like:

- ▶ *I'm sick of taking pills*
- ▶ *I feel like a human guinea pig*
- ▶ *None of these pills have ever worked for me*
- ▶ *I can't even remember how many meds I've taken*
- ▶ *I'm really tired of taking pills that don't seem to work*

Remember, it's not our fault if medicine has not helped. Everybody's response to medicine is different. We have the right to speak up to the doctor and advocate for ourselves.

Sometimes it's helpful to get support and prepare to talk to the doctor.

Use the template below to explore your medication fatigue and develop your self-advocacy plan.

Exploring My Medication Fatigue	My Self-Advocacy Plan
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What I say to myself:

- I'm sick of taking pills
- I feel like a human guinea pig
- None of these pills have ever worked for me
- I can't even remember how many meds I've been on
- _____
- _____
- _____

When I say these things to myself, I:

- Stop taking meds
- Keep it to myself and suffer quietly
- Get angry and leave services
- _____
- _____

To be an effective self-advocate, I will *(check all that apply)*

- Make a list of every medication I have tried and show my doctor
- Make a list of anything in the past that has actually helped me and show my doctor
- Tell my doctor about my med fatigue
- Ask a friend to come with me when I talk to my doctor about my med fatigue
- Ask my doctor:
 - Can I come off meds? I'm tired of taking meds that don't help me*
 - Can I take a break from taking meds?*
 - What else besides medicine could help me?*
 - _____
- _____
- _____