



Answer Key: My Concerns About Meds

After completion of the *My Concerns About Meds* worksheet, use this answer key to identify challenges the individual may be experiencing. Use the worksheets to support the individual through the challenge. If more than one challenge is identified, prioritize with the individual.

Question	Indicator	Challenge	Participant Video and Worksheets
In addition to meds, are there any other things you are doing to help yourself?	▸ No ▸ Unsure	Passivity	▸ Personal Medicine Worksheet
Do you feel motivated to use the meds?	▸ No ▸ Unsure	Motivation	▸ Finding Personal Motivation to Use Psych Meds Worksheet
Are you concerned about side effects?	▸ Yes ▸ Unsure	Balancing Trade-Offs	▸ My Side Effect Plan
Are the meds helping you?	▸ No ▸ Unsure	Meds Helpful?	▸ How I Will Know Medicine is Helping Me Worksheets
Are you thinking about stopping or lowering your meds?	▸ Yes ▸ Unsure	Exploration	▸ Tips for Reducing Mental Health Medication
Are you concerned about how the meds are affecting your health?	▸ Yes ▸ Unsure	Balancing Trade-Offs	▸ Shared Decision Making Worksheet
Are meds changing you in any ways you don't like?	▸ Yes ▸ Unsure	Redefining Self	▸ Psychiatric Medicine and ME Worksheet
Are you using drugs or alcohol instead of, or in addition to, the meds?	▸ Yes	Self-Medicating	▸ No one is a hopeless case poster
Are you exploring other wellness or cultural healing strategies?	▸ Yes ▸ Unsure	Exploration	▸ My Exploration Tracker
Are you tired of taking meds?	▸ Yes ▸ Unsure	Med Fatigue	▸ Med Fatigue: Advocating for Deprescribing
Do you have beliefs that interfere with taking medicine?	▸ Yes ▸ Unsure	Redefining Self	▸ Balancing My Beliefs and Values Worksheet
Do you have concerns about paying for the meds or getting to the store to pick them up?	▸ Yes ▸ Unsure	Logistics	