



Every visit to your doctor is an opportunity for a *Dialogue for Recovery*. You can start the dialogue by bringing the Antipsychotic Side-effect Checklist (ASC) or a list of the following to your healthcare appointments:

- Names and amounts of all medications you take
- Any recent symptoms or medication side-effects
- Questions and comments about your illness and recovery

If you have medication side-effects, talk with your doctor!
For more information about *Dialogue for Recovery* or
ASC, call (800) 969-NMHA (6642)
or visit www.nmha.org.

Fill in your doctor's
name and phone
number here.

Doctor: _____

Phone: _____



**National
Mental
Health
Association**

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