

Living With Your Diagnosis:

Worksheet

Identifying strategies to start or continue your educational journey as an adult with mental illness

This worksheet can help you with your efforts to find solutions to potential challenges you might face as you continue school after your diagnosis. One strategy that can be helpful as you complete the worksheet is to think about who may offer you support or help you find solutions to some of these challenges.

Potential Challenges	Potential Solutions	Next Steps
Taking medications during class time	Example: Can you speak with your healthcare professional to understand dosing options?	
Discussing your mental health condition with peers and professors		
Getting to appointments that might conflict with class times		
Difficulties with professors and classmates		
Needing additional time to complete an assignment		
Attending class or staying in class on days you are not feeling well		
Attending class virtually		
What are some other challenges you might encounter living on your own while managing a class schedule?		

Strategies for Success

- 1** Speak with a case manager or therapist to explore any concerns about managing class work and your mental health
- 2** Set up services to support you, such as therapy, peer counseling, case management, etc
- 3** Make sure you have your medication, and create reminders to make medication part of your daily routine
- 4** Work with your treatment team and support network, student counseling services, and academic advisor