



Simple Strategies for Taking Medication

1. Use a pillbox.

A weekly pill box with compartments for each day is one of the best ways to remember to take your medications.

2. Use **electronic reminders** such as text message reminders, timers, dispensers and applications.

Most cell phones allow for text message alerts that can be programmed as daily reminders.

3. **Align with a daily task**

Take your medication at the same time you do a daily activity like eating breakfast or brushing your teeth.

4. **Set an alarm.**

Setting an alarm on your phone for each day at a specific time is a great way to remind yourself to take your medications at the same time each day.

5. **Turn off autopilot.**

Taking your medication can become routine. Try to make it a point of noticing when you take your medications. Before taking your pill give yourself a mental reminder by saying to yourself, "I am taking my Monday pill now".

6. **Keep it in sight**

Leave your medication in an area that is easy to spot. If you can see it you may remember to take it.

7. **Ask for help from friends and family**

You may need a little help. Having someone to support you with your medical care is a great way to stay on track.



The National Alliance on Mental Illness Michigan offers help, including support groups. Visit <http://namimi.org/> for more information. You can also call 1-800-950-6264