



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 1-517-485-4049