



Contact Us

707 Crisis Center
707 W. Milwaukee
Detroit, MI 48202

24-Hour Help Line
(800) 241-4949
TTY 771
www.dwihn.org



Remember!

- Include fruits, vegetables, whole grains and protein
- Eat regular meals and try not to skip breakfast
- Pay attention to portion sizes
- Drink water throughout the day
- Choose snacks like fruit, vegetables, and nuts
- Limit sugary drinks, soda, and highly processed snacks
- Try to be active regularly
- Keep track of your appointments
- Take your medication as prescribed
- Healthy habits can support your body and mental health while you take your medication*

* Findling, R. L., Drury, S. S., Jensen, P. S., Rapoport, J. L., & American Academy of Child and Adolescent Psychiatry Committee on Quality Issues. (2011). Practice parameter for the use of atypical antipsychotic medications in children and adolescents. *Journal of the American Academy of Child & Adolescent Psychiatry*, 50(9), 1–66.



HEALTHY HABITS
FOR A HEALTHY YOU

Nutrition, Movement, &
Wellness for Youth Taking
Antipsychotic Medications

Healthy Habits for You

Fuel Your Body

Eating a variety of healthy foods gives your body the nutrients it needs to grow, have energy, and stay strong. Balanced meals can also support your overall health while taking your medication.

Hydrate & Make Healthy Choices

Drinking water helps your body stay hydrated, gives you energy, and helps your body work properly. Choosing healthy snacks can give you important nutrients and help keep you feeling full and energized throughout the day.

Move Your Way

Whether you enjoy walking, dancing, playing a sport, running, or riding a bike, staying active is important. Regular movement can help support healthy blood sugar levels and may help reduce weight gain while taking these medications. Find an activity you enjoy and make it part of your daily routine.

Know Your Health

It is important to know your numbers while taking antipsychotic medications. Your healthcare provider will check your blood sugar and cholesterol levels regularly to make sure they stay within a healthy range. These medications can increase the risk of weight gain, heart disease, reduced heart function, and other long-term health problems. Regular checkups can help your healthcare provider find these changes early and help protect your health and quality of life.



Use Digital Wellness App

myStrength App

The myStrength app is a free, safe, and secure wellness app that gives you personalized support. You can use the app to learn about healthy weight management, healthy eating, and exercise!

Sign Up!

1. Visit the myStrength website by scanning the QR Code below and click "Sign Up"
2. Enter access code:
DETROITWIHN
3. Complete your profile setup
4. Download the mobile app and log in



SCAN ME

