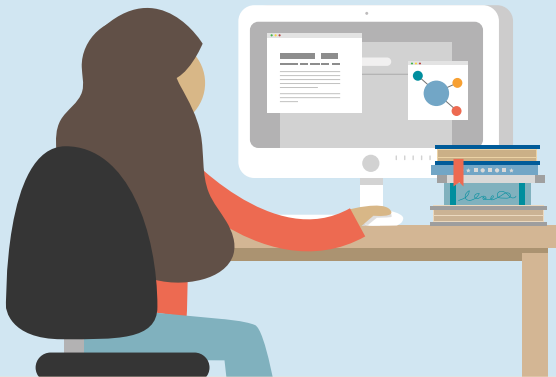


What To Do After a Diagnosis

1

Learn about your disorder.



You can make better decisions about your care when you understand your disorder(s). Learning about your disorder(s) also helps to debunk any myths and address any stereotypes you may have. You can also learn more when you connect with others who have had similar experiences.

2

Identify emotions.



We all have different reactions to life's events. It's important that you find a safe and validating space to identify and label the wide range of reactions you may have after being diagnosed with a mental health disorder.

3

Get help.



Research your options for getting the right treatment. Take your time and meet with multiple providers to find the right fit for you.

4

Build resilience.



There is meaning behind every life event. Being diagnosed with a mental health disorder is not the end, it's the beginning. It can be helpful to take this time to grow your resiliency and strength so that you can manage symptoms and live a full life.