



# MAKING HEALTHY CHOICES

A GUIDE ON  
PSYCHOTROPIC MEDICATIONS  
FOR YOUTH IN FOSTER CARE

WE HAVE  
OPTIONS.

LEARN MORE TO DECIDE  
WHAT'S BEST FOR YOU.

It's not always easy to figure out how to handle powerful emotions and behaviors and improve your health. A new guide—written specifically for youth—talks about psychotropic medications, one option that may help you feel better.

**ACCESS *MAKING HEALTHY CHOICES*  
ON THE NATIONAL RESOURCE CENTER  
FOR YOUTH DEVELOPMENT WEBSITE:**

**[HTTP://WWW.NRCYD.OU.EDU/PSYCH-MED-YOUTH-GUIDE](http://www.nrcyd.ou.edu/psych-med-youth-guide)**

## ***MAKING HEALTHY CHOICES CAN HELP YOU:***

- **RECOGNIZE IF YOU NEED HELP AND WHO CAN HELP**
- **CONSIDER YOUR OPTIONS—INCLUDING HELPFUL APPROACHES OTHER THAN MEDICATION**
- **ASK QUESTIONS AND DECIDE WHAT'S RIGHT FOR YOU**
- **TAKE MEDICATION SAFELY**

I CAN  
GET HELP.

WHAT IS  
BEST FOR ME?

I AM NOT  
ALONE!

WHAT I FEEL  
IS REAL.

I HAVE  
A CHOICE!

