

Medication Wallet Reminder Card

<i>Healthcare Providers</i>	<i>Name</i>	<i>Phone Number</i>
Primary Care	Dr. Mary Jones	555-555-555
Mental Health Care	Dr. Tom Smith	555-555-444
Pharmacy	CVS Anytown	555-555-333
<i>Emergency Contact</i>	<i>Name</i>	<i>Phone Number</i>
	Julie Bradley	555-555-222

<i>Medication</i>	<i>Dosage</i>	<i>Instructions</i>
Celexa	20 mg/day	Take in AM
Lithium	300 mg/day 600 mg/day	Take in AM Take in PM
Trazadone	50 or 100 mg/day	As needed
Klonopin	1 mg/day	As needed

This tool is intended to provide you with an easy way to keep track of important treatment information when you are away from home. In the spaces provided, note the names and phone numbers of your important contacts, and instructions for taking your antidepressants and all your medications. Cut out and fold as indicated and keep this information in your wallet for easy reference.

For More Information

University of Michigan Depression Center
1-800-475-MICH or 734-936-4400

www.campusmindworks.org/

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