

# Mental Health Tips to Help You Stay Well

*Along with taking your prescribed medications, these habits can help support your mental health:*

**Stick to a Routine:** Keeping a regular schedule helps manage stress and improve mood.

**Stay Active:** Even a short daily walk can boost mood and reduce anxiety.

**Get Good Sleep:** Aim for 7–9 hours each night. Sleep affects both mood and thinking.

**Eat Well:** A balanced diet supports brain health. Limit sugar, caffeine, and processed foods.

**Connect with Others:** Strong social support is linked to better mental health.

**Manage Stress:** Try breathing exercises, mindfulness, or journaling to calm your mind.

**Avoid Alcohol and Drugs:** These can worsen symptoms and interfere with medications.

**Keep Appointments:** Regular visits help your care team support you effectively.



**St. Clair County  
Community Mental Health**

*Providing Opportunities for Health, Wellness, & Connection*

**Information and Access to Services:**

**810-488-8888**

**24-Hour Crisis Line:**

**810-966-2575**

**[www.scccmh.org](http://www.scccmh.org) |    **

**St. Clair County  
Community Mental Health**

3111 Electric Avenue  
Port Huron, MI 48060  
(810) 985-8900

**St. Clair County  
Community Mental Health  
Child & Family Services**

2415 24th Street  
Port Huron, MI 48060  
(810) 488-8840

**St. Clair County  
Community Mental Health - South  
Adult Services**

6221 King Road  
Marine City, MI 48039  
(810) 765-5010

**St. Clair County  
Community Mental Health - South  
Child & Family Services**

135 Broadway  
Marine City, MI 48039  
(810) 400-4200

**St. Clair County  
Community Mental Health - West**

14675 Downey Road  
Capac, MI 48014  
(810) 395-4343



## Medication Management Clinic



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Community Mental Health**

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## About the Medication Management Clinic

The Medication Management Clinic (MMC) at St. Clair County Community Mental Health (SCCCMH) can help you manage your psychiatric medications while allowing you to have control over your care. This program is designed for individuals who only need medication support and do not need to or prefer not to participate in other behavioral health services, like counseling, skill-building classes, group therapy, or other SCCCMMH services.

The Medication Management Clinic represents the lowest level of services offered by SCCCMMH, focused on meeting the medication-related needs of individuals with minimal oversight and maximum autonomy. We provide a person-centered approach to help you stay on track with your medications.



## Enrolling in the Medication Management Clinic

The Medication Management Clinic may be a good fit for you if:

- You have been prescribed psychiatric medications and would like to continue seeing your Psychiatrist or Psychiatric Nurse Practitioner to manage these medications.
- You no longer need other SCCCMMH services or have chosen not to participate in them.
- You are not using or in need of crisis services.
- You are able to attend all prescriber appointments for medication reviews and psychiatric evaluations.

The MMC is only available for adults who do not receive other SCCCMMH services. You cannot be under a court order, involved in Mental Health Court, or need higher levels of care such as crisis services, homelessness services, or extra support for suicidal or homicidal thoughts.

Additionally, you will not be eligible to utilize the Medication Management Clinic if you need a prefilled medication box to manage doses or are prescribed certain medications, such as Spravato, Suboxone, or Clozaril (unless with prescriber approval), or receiving SCCCMMH Substance Use Disorder services.

## What to Expect with the Medication Management Clinic

If you're interested in the MMC, your caseholder will first check if you meet the program's requirements. If you qualify, your caseholder will refer you to the MMC team, who will review your information. Once enrolled, you'll have regular medication reviews and evaluations with your prescriber. You'll also meet with your caseholder once or twice a year to check on your progress and complete any required paperwork.

With MMC, you're in control of your care, but it's important to keep your medication appointments. Missing appointments could lead to being unenrolled in this service. If your needs change and you require additional support, such as crisis services, therapy, or housing, SCCCMMH will help you transition to the appropriate level of care.

## Learn More

**Talk with your SCCCMMH caseholder or Intake clinician (for new service recipients) to request information about Medication Management Clinic.**