



Psychiatric Conditions

Having a psychiatric condition can complicate your efforts to lose weight, but it doesn't mean you can't do it! Here are some tips:

- If you think you need treatment for a psychiatric condition, talk to your primary care provider.
- Work closely with your medical and psychiatric care providers to make sure you are receiving effective treatment for your condition.
- Do not stop taking any of your medications without discussing it with your healthcare provider.
- There are some psychiatric medications that cause weight gain. Ask your medical or psychiatric care provider to see if you are taking a medication that causes weight gain. If so, ask about alternatives.
- Managing your weight and your mental health together may be tricky. It is okay to make changes slowly and at your own pace.
- It is always helpful to get support from others. Ask for encouragement from people who you think will be willing to help. Participating in group sessions may be helpful in getting that support.

