

Get a job and/or go back to school/work

- Have spending money
- Get an education
- Work hard at a job I like

Medication or Medical Equipment

- Find medications that work for me
- Get medical equipment that will help me manage my medical conditions

Legal Issues

- Get a lawyer
- Stay out of jail
- Get help with a legal issue

Talk to someone about my Mental Health

- To feel better about myself
- To have more energy and motivation
- Have fun and not worry all the time

Have Transportation

- Not have to rely on others to get places
- To be able to get to medical appointment

Have a better Living Situation

- Have a safe place to live
- Find housing I can afford
- Make improvements to where I live now

Have a better relationship with my doctor or nurses

- Feel at ease in my healthcare providers office
- Feel comfortable telling my providers I do not understand what they are telling me

WILD CARD

See if I qualify for Insurance and other Programs

- See if I can get financial assistance
- Apply for health insurance
- See if I can more income

Help people in my Community

- Get involved or start a local interest group
- Let people know what is happening in our area
- Use my story to raise awareness

Identification

- Get a photo ID
- Get a drivers license
- Get a social security card
- Get a birth certificate
- Get proof of income

Feel Supported

- Socialize with friends and family
- Find a good friend
- Feel like my life matters to someone else

Learn more about my Medical health (diabetes, COPD, etc)

- To better control my pain
- To live better day to day
- To be physically fit

Talk to someone about my drug or alcohol use

- Learn more about how the alcohol or drugs I use affect my health
- Find someone to talk to about the alcohol or drugs I use

Food & Nutrition

- Get access to healthy food
- Eat better
- Learn how to cook healthy food

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