MOVE!®

Psychiatric Conditions

Mental health challenges can complicate efforts to lose weight. Many Veterans find ways to manage their weight despite these conditions. Here are some tips:

- Talk with your primary care team if you want assistance managing life stress.

- Work closely with your health care team to address your needs.

- Always talk with your health care team before starting or stopping medications.

- Ask your team if any of your medications cause weight gain. If so, ask about alternatives.

- Managing your weight can help improve your mental health. Losing weight takes time. Make changes gradually and at your own pace.

- If someone else is preparing your meals, let them know about your weight and calorie goals. MOVE!® team members can talk with those preparing your meals.

- It is good to get support from others. Group sessions can provide that support.