

Appendix 1 I-IMR modules for psychiatric and medical illness self-management

Psychiatric Illness (Adapted from IMR – Illness Management and Recovery)	Medical Illness Management and Wellness
Recovery	Wellness
Psychoeducation on Mental Illness	Education on Medical Illness
Stress Vulnerability and Mental Illness	Stress Vulnerability and Medical Illness
Building Social Supports and Recovery	Building Social Supports and Wellness
Psychiatric Medication Adherence Strategies	Medical Medication Adherence Strategies
Psychiatric Relapse Prevention	Medical Relapse Prevention
Coping with Stress and Solving Problems	Coping with Health-related Stress and Solving Problems
Coping with Psychiatric Symptoms	Coping with Chronic Pain and Medical Symptoms
Substance Abuse	Medication Misuse
A Guide to Navigating the Mental Health System	A Guide to Navigating the Medical Health Care System