FOR YOU

My primary care doctor

Your quarterback — the one who sees the whole field.

NAME _____ PHONE _____ NEXT APPOINTMENT _____

QUESTIONS TO ASK

- ☐ What blood tests should we run to rule out physical causes for my symptoms?
- ☐ How will you coordinate my care with the mental health specialists you're referring me to?
- ☐ What should I do if my symptoms worsen while I'm waiting for specialist appointments?
- ☐ How often should I follow up with you during this process?

COME PREPARED

- ☐ Bring a complete list of current medications, including supplements and over-the-counter drugs.
- ☐ Write down your symptoms — when they started, what makes them better or worse.
- ☐ Bring a trusted family member or friend if you can.

> **TIME TO LOOK ELSEWHERE?**
>
> If your doctor dismisses your concerns as "just stress" without examination, treats you as though it's "all in your head," hesitates to prescribe out of addiction fears, or makes you feel rushed or judged — you're allowed to find someone new. Your mental health deserves the same attention as any other medical condition.

NOTES

FOR YOU

Finding my therapist

The fit matters more than the credentials on the wall.

CANDIDATES

NAME	APPROACH / SPECIALTY	PHONE CONSULT NOTES	FIT?

QUESTIONS TO ASK A POTENTIAL THERAPIST

- ☐ What is your experience treating people with my specific concerns?
- ☐ What therapeutic approaches do you typically use?
- ☐ How do you measure progress in therapy?
- ☐ How do you coordinate care with the other members of my team?

> **WORTH REMEMBERING**
>
> Many people try more than one therapist before finding the right fit. That's not failure — that's the process. An early mismatch doesn't mean therapy isn't working.

NOTES