

# Your First Online Psychiatry Visit

What to expect and how to prepare, so your first appointment goes smoothly.

**Important, please read.** This document is for general educational and informational purposes only. It is not medical, legal, or professional advice, not a diagnosis or treatment, and not a substitute for care from a qualified clinician. It may not apply to your situation or the rules of your state. Do your own research and talk with your own clinician before acting on anything here. If you are in crisis or feel unsafe, call or text 988, call 911, or go to the nearest emergency room. shrinkMD provides scheduled, non-emergency telepsychiatry, doesn't prescribe controlled substances, and isn't an emergency service.

## Before your visit

- [ ] Complete your intake forms honestly and completely.
- [ ] Write down your main concerns and when they started.
- [ ] List your current medications, doses, and how often you take them.
- [ ] Note past diagnoses, therapies, or medications you have tried, and what helped.
- [ ] Note medical conditions, allergies, and family mental health history.
- [ ] Have your pharmacy name and location ready.
- [ ] Find a quiet, private space where you can speak freely for about an hour.
- [ ] Test your camera, microphone, and internet connection ahead of time.
- [ ] Charge your device or keep it plugged in.
- [ ] Write down your questions to bring to the visit.

## What to expect during the visit

A first psychiatric evaluation usually lasts about 45 to 60 minutes. Your clinician will ask about your symptoms, history, and goals, talk through possible diagnoses, and work with you on a plan. You can ask questions at any point. The more openly you share, the more useful the visit will be.

## After your visit

- [ ] Confirm your treatment plan and next steps.
- [ ] Schedule your follow-up appointment.
- [ ] Know how to reach your care team between visits, and what to do in an emergency.
- [ ] Confirm where any prescriptions will be sent.