

Questions to Ask Your Psychiatrist

Print this, circle what matters to you, and bring it to your appointment.

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About your diagnosis

- What do you think is going on, and how did you reach that?
- Are there other explanations we should rule out?
- How will we know if the plan is working?

About medication (if recommended)

- What is this medication meant to help with?
- How long until I might notice a difference?
- What are the common side effects, and which ones should I call about?
- How and when should I take it, and what if I miss a dose?
- How long might I take it, and how would we stop it safely?

About therapy and other support

- Would therapy help alongside medication, and what kind?
- Are there daily habits or skills that would support my care?

About follow-up and access

- How often will we meet?
- How do I reach the team between visits with a question?
- What should I do in a crisis or after hours?

About cost

- What will each visit cost, and what is included?
- Can I get a superbill to submit to my insurance for possible reimbursement?