

TIPS FOR FIRST VISIT



Preparing for your first psychiatric visit can help you make the most of your appointment. Here are some simplified steps to prepare:

1. **Write Down Your Symptoms:** Before your appointment, write down your symptoms, concerns, and any specific issues you want to discuss with the psychiatrist.
2. **Bring Relevant Information:** Bring any medical records, previous evaluations, or medications you are currently taking to the appointment.
3. **Prepare a List of Questions:** Make a list of questions you want to ask the psychiatrist during the appointment.
4. **Be Honest and Open:** Be honest and open with the psychiatrist about your symptoms, feelings, and experiences.
5. **Discuss Treatment Preferences:** Talk about your treatment preferences, including thoughts on medication, therapy, lifestyle changes, and other interventions.
6. **Follow-Up Plan:** Discuss the follow-up plan with the psychiatrist, including the frequency of appointments, medication management, and any additional assessments.

By following these steps, you can ensure that your first psychiatric visit is productive and helps you begin your journey towards improved mental health.

