

Checklist for Psychiatrist Appointment

This checklist is designed to assist individuals in addressing any concerns or questions they may have for their psychiatrists in an easy to use and organized format. Before meeting with your psychiatrist, fill out the checklist, where it is relevant to you and your experiences. **Remember to bring this along to your appointment!**

- What is/are my diagnosis(es) and what does that mean?

- What are my treatment options?

- What are the benefits versus risks of each treatment option?

- How will I know the treatment is working or not working?

- If medication is a treatment option, is there a medication that can help with the diagnosis?

- What do I need to know about this medication? (name, benefits, side effects, dosage, times)

- Here is a list of the other medications I am taking and this is why I am taking each one.

- I am having problems getting my prescription filled.

- How much does the medicine cost and is there help to pay for it, if I need help?

- I don't feel my treatment/medication is working because

- I feel like my treatment/medication is working because
