



RECOMMENDATIONS FOR TALKING WITH YOUR HEALTH CARE PROVIDER ABOUT YOUR MENTAL WELLNESS

Questions to ask your health care provider if you are diagnosed with a mental disorder:

- Are you familiar and comfortable caring for me or my family's mental health problems?
- Are you comfortable prescribing medications for my mental health problems or will I need a referral to a mental health professional?
- What dosage of medication is to be taken, at what time of day, and how should I increase my dosage if this is to be done before my next visit? (Take notes if this is complicated.)
- What are the possible side effects of my medication(s) and what should I do if I experience side effects?
- How can I reach you if I experience any side effects or worsening of my condition? (Be sure you leave the appointment with an emergency phone number to reach your doctor.)
- How long will it take to feel improvement and what type of improvement should I expect?
- Are there any risks associated with this treatment and, if so, how can I recognize them? (If you have any concerns, share them with your doctor.)
- How long will I need to take medication?
- If the medication needs to be stopped for any reason, how should this be done?
- How often will I need to see you? How long will appointments take?
- Is psychotherapy recommended as a part of my treatment? If so, what type?
- What can I do to improve my response to treatment? Are there activities I should avoid to increase the likelihood of improvement?
- If someone questions why my doctor prescribed medication, or raises doubts about possible dangers of taking medication, how should I respond?

- Are there psychiatrists or mental health professionals to whom you can refer me or my family members, if I choose?
 - What should I look for in a therapist?
 - Are you familiar with my insurance benefits so that you know my rights and privileges?

What to share with your health care provider about you:

- Make a list of all your recent and current medical problems. Share all of them with your health care providers, so that they may better assess your health care situation. Many times mental disorders can be the cause of other medical disorders or co-exist with other medical disorders.
- Make a list of all medications, including vitamins and herbal supplements that you are taking.
- If you suspect a mental disorder, let the doctor know. Also tell the doctor if you or any of your relatives have ever had a mental health problem.
- Discuss any big changes or stresses in you life that may have affected the way you feel.

For more information on mental wellness, mental disorders, free screening, education programs or training for physicians, please call Mental Health America of Northern Kentucky at

859-431-1077