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QUESTIONS YOU MAY WANT TO ASK YOUR PSYCHIATRIST

1. What is my diagnosis? How did you decide my diagnosis? Are there any other diagnoses you considered?
2. What might have caused my illness?
3. Have you treated other people with my illness? What has worked with them?
4. If your doctor runs tests, make sure to ask what kind of tests they are, what they are for, what they will tell him / her, etc.
5. What kind of treatment is most helpful for my illness? How will it be helpful?
6. If your doctor prescribes medication, ask what the medicine is supposed to do & what side effects you might experience. Ask when you should notice a difference if the medicine is working.
7. How do you decide when to raise or lower the dosage? When & how can you tell it's time to try another medicine?
8. Who will be involved in my treatment? (for example ask about a psychologist, social worker, psychiatric nurse, etc.) Would counseling / therapy help? What about a day program or support group?
9. If you would like your family to be involved in treatment, ask your psychiatrist what they can do. For example, can they attend appointments with you?
10. Can I contact you in case of emergency? How can I reach you?

It's very important that you ask your psychiatrist any questions & express any concerns you have. It's also crucial that you're honest with him / her. He / she will not be able to truly help you unless you provide all the information.