

Things to Keep in Mind for Your First PSYCHIATRY VISIT

It can be nerve-wracking to seek help for your mental health, but knowing what to expect can help assuage some of these fears.



Be prepared to share your medical and psychiatric history

While conducting an initial assessment, your psychiatrist will want to know about your medical and psychiatric history.



You will create a treatment plan

This could include prescribing you medications, referring you to a therapist, and/or suggesting lifestyle and behavioral changes.



Be prepared to talk about what you're currently experiencing

Your psychiatrist will ask you questions about your current symptoms, feelings, and experience. They will use this information to diagnose you (if relevant) and put together a treatment plan.



You can ask any questions you have

Your psychiatrist will be happy to give you more information and talk to you about your various questions and concerns that may arise while you discuss your condition and treatment plan.