

THINGS TO TELL YOUR PSYCH PROVIDER!



NEW MEDS

If you've been taking new medications, birth control since the last visit

DOCTOR APPMNTS

Have you seen a specialist recently? We want to know!



BIG CHANGES

Moving? Starting a new school? New job? Did you get fired? Loss in the family? This is important for us to know.



NEW SYMPTOMS

We want to know about new mental health symptoms, sleep changes AND physical symptoms since our last visit.



SUBSTANCES

We promise we aren't here to judge you - but it would help to know if you recently changed marijuana dispensaries, did some LSD at a rave, snorted some coke at a party or have been drinking or smoking more frequently.

