

Communicating With Your Health Care Provider

What Every Parent Should Ask



Diagnosis

- What do you think my child's diagnosis is?
- What else could it be?
- What does this mean for my child's day-to-day life and for their future?
- What does my child need to do to get well?
- Where can my child get more information about their condition?

Treatment Options

- What are my child's treatment options?
- What kinds of studies have been done on these treatments?
- What are the benefits and risks of each treatment?
- How likely is each treatment to help my child?

Medication

- What does this medicine do to my child's body?
- What other medicines would be considered and why are you recommending this one?
- What kinds of studies have been done with this medication?
- What other medicines or treatments has it been compared to?
- How likely is this medicine to help a person, like my child?
- What are the risks and benefits of this medication?
- Will the medicine interact with anything my child is already taking?
- What are the potential side effects? Will they fade over time?
- As a parent, when can I expect to see results in my child?
- How will my child know if the medication is working for them?
- How long will my child have to take the medicine?
- What will happen if this medication does not work for my child?

Psychological Treatments (therapy)

- How will this therapy help my child?
- What are the alternative therapies and why are recommending this one over the others?
- What kinds of studies have been done with this therapy?
- What other treatments has this therapy been compared to?
- How likely is this therapy to help a person, like my child?
- What are the risks and benefits of this therapy?
- What are the potential side effects of this therapy? Have studies assessed possible side effects?
- As a parent, when can I expect to see results in my child?
- How will I know if this therapy is working for my child?
- How long will my child need to continue the therapy?
- What will happen if this treatment does not work for my child?

For more information, visit: TeenMentalHealth.org