

# Communicating With Your Health Care Provider

## What Every Person Should Ask



### Diagnosis

- ➔ What do you think my diagnosis is?
- ➔ Are there any other possibilities as to what it might be?
- ➔ What does this mean for my day-to-day life and for my future?
- ➔ What do I need to do to get well?
- ➔ Where can I get more information about this condition?

### Treatment Options

- ➔ What are my 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 me?
- ➔ How will the suggested treatments affect me in my everyday life?

### Medication

- ➔ What does this medicine do to my body and brain?
- ➔ What other medicines would be considered and why are you recommending this one?
- ➔ What are the risks and benefits of this medication?
- ➔ What kinds of studies have been done with this medication?
- ➔ How likely is this medicine to help someone like me?
- ➔ Will the medicine interact with anything that I am already taking?
- ➔ What are the potential side effects? Will they fade over time?
- ➔ When will I start to notice the results?
- ➔ How will I know if the medication is working?
- ➔ How long will I be on this medication?
- ➔ What will happen if this medication does not work?

### Psychological Treatment (Therapy)

- ➔ How will this therapy help me?
- ➔ What are the alternative therapies? Why are you recommending this one?
- ➔ How likely is this therapy to help someone like myself?
- ➔ What are the risks and benefits of this therapy?
- ➔ What kinds of studies have been done with this therapy?
- ➔ What are potential side effects of this therapy? Have studies assessed side effects?
- ➔ When can I expect to see results?
- ➔ How will I know if this therapy is working?
- ➔ How long will this therapy last?
- ➔ What will happen if this treatment does not work?

**For more information visit: [teenmentalhealth.org](http://teenmentalhealth.org)**