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: mentalhealthliteracy.org