

Preparing for a Mental Health Visit

During a mental health visit, your doctor will inquire about how you are feeling and coping, provide suggestions for self-help strategies, direct you to resources for support and may discuss the use of medications.

Below is a list of common questions asked at a mental health visit.

- How would you rate your mood or anxiety over the last 2 weeks, on a scale of 1-10 (10 is the best you've ever felt and 1 is the worst)?
- Please describe how you are feeling and for how long.
- Have there been any external factors that have made life difficult recently?
- Has your mental health affected your ability to concentrate at work or school?
- Has your mental health affected your family or relationships?
- Do you have a personal or family history of anxiety or depression?
- Have you ever been to counseling or taken medication for depression or anxiety? If so, what was your experience?
- Have you experienced any recent changes to your sleep or appetite?
- Do you look forward to or enjoy the things you used to take pleasure in?
- Have you had any thoughts of dying or of hurting yourself or anyone else?
- Do you have suicidal thoughts? Have you made any suicide plans or attempts?
- Do you have a support network? Who can you rely on?
- Do you feel safe?

Remember, if you are asked a question that you cannot answer, "I'm not sure" is a perfectly acceptable reply.