



PREPARING FOR YOUR FIRST MENTAL HEALTH VISIT

Your first visit with a psychiatric mental health nurse practitioner is a chance to discuss what you are experiencing and what you hope will change. You do not need to have the right words or a complete history ready. These notes can help you begin.

Before your appointment

- ☐ Complete any forms sent to you and bring a photo ID and insurance card if your office requests them.
- ☐ Write down your main concerns, when they began, and how they affect sleep, relationships, or daily life.
- ☐ Bring a list of prescriptions, over the counter medicines, vitamins, supplements, and any allergies or past medication side effects.
- ☐ Note relevant medical conditions, previous mental health care, and any treatments that helped or did not help.
- ☐ Think about what you would like from care, such as better sleep, steadier mood, help with anxiety, or a clearer understanding of your symptoms.

During your visit

- ☐ Share what feels most important, even if it is difficult to explain. It is okay to use notes or ask for a moment to collect your thoughts.
- ☐ Be open about alcohol or other substance use and any thoughts of self harm, if relevant. This helps your clinician understand your needs and plan safe care.
- ☐ Ask about possible next steps, including therapy, medication, follow up, or other evaluation when appropriate.
- ☐ If medication is discussed, ask what it is for, when benefits may appear, possible side effects, and whom to contact with concerns.

Questions you can bring

- ☐ What could be contributing to what I am experiencing?
- ☐ What treatment options fit my goals and preferences?
- ☐ What should I watch for between visits, and how do I reach the practice with a question?

A reminder before you come in

It takes courage to make space for your mental health. You may start wherever you are.

The purpose of this visit is to understand your experience and consider a path forward together.

If you need urgent help before your visit: In the United States, call or text 988 for mental health crisis support. If you are in immediate danger or have a medical emergency, call 911 or go to the nearest emergency department.