

Doctor Discussion Guide

What should I tell my doctor?

Talking with your doctor about depression doesn't have to be as hard as you may think. Here are some simple tips to help you prepare for a productive visit with your doctor.

First, be sure to tell your healthcare provider about all of your symptoms and healthcare concerns. That's the best way to make sure you get the treatment you need.



Think about your answers to these questions before your visit:

- What symptoms are you experiencing?
- How long have you noticed these symptoms?
- What other medicines are you currently taking? These include prescription and over-the-counter medications, as well as vitamins and nutritional supplements.



Here are some questions you may want to ask your healthcare provider:

- What types of medicine are used to treat this condition?
- How do these medicines work?
- What side effects might I expect?
- Can therapy or support groups help?



If you are already on treatment for depression:

- Think about whether your symptoms of depression are improving and discuss any concerns you may have with your healthcare provider.
- Discuss any side effects that concern you.

Most importantly, talk to your healthcare provider about all your concerns before and during your treatment. Being upfront and honest is important to getting the help you need. If you'd like, you can print this guide and bring it with you to your next appointment.

