



## Getting the Most out of Therapy: Preparing for the First Appointment Checklist

Before you go to see a therapist or doctor, it may help to know what to expect. These suggestions will help you prepare for your first appointment.

Try to arrive 15 minutes early for the first appointment to complete paperwork. Appointments usually last 30–50 minutes. You and the therapist will use the first appointment or two to get to know each other. You will work together to decide if the therapist can help you.

When you meet your therapist for the first time it is easy to forget important information. Writing down a few notes to take with you can help. These might include:

- ✓ **What do you hope to achieve by going to therapy?**
- ✓ **What has been happening in your life that leads you to go to therapy? How long has this been happening?**
- ✓ **How have you been feeling? Have you felt nervous, stressed, sad or angry?**
- ✓ **What have you done to try to feel better?**
- ✓ **Bring a list of all medicines you are taking. Include name, dose, how often you take it and any side-effects you are experiencing. Include known allergies. Bring contact information for all doctors who are giving you medicine.**
- ✓ **Bring a list of questions you may have about how therapy works.**
- ✓ **If you would like, ask if you can include your family or social support in some of the sessions.**

### Find out more.

Ask your therapist for suggestions about readings and support groups.

Call **855-Here4TN** or visit **www.Here4TN.com** to find more information and resources to help you.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions and limitations may apply.  
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