



## Questions to Ask Your Doctor About Mental Health

- What is my mental illness diagnosis?
- What are the possible causes of my mental illness?
- What is the prescribed treatment? What are the benefits and risks?
- Is this the most successful treatment available? Are there other treatments available?
- How soon should treatment start? How long will it last?
- What are my options if this treatment fails?
- Do I need a follow-up visit?
- What is the name of the medication, and what is it supposed to do?
- What are the chances of getting better with this treatment?
- How will I know if the medicine is working or not working?
- How and when do I take it, and when do I stop taking it?
- How long will I have to take the medicine?
- Can I take this medication if I am planning on having a baby soon?
- What are the side effects, and what should I do if they occur?
- Will this medication affect my sleep, ability to drive or operate equipment, sex life, appetite, etc.?
- How will the medication interact with other medication I am already taking?