



आधार.....आनंदी जीवनाचा

आधार मानसोपचार क्लिनिक

Your First Visit to a Psychiatrist

A list of things to bring and questions to ask for a better, more meaningful first appointment.



THINGS TO BRING

- ✓ **PHOTO ID (Aadhaar Card, PAN Card, etc.)**
- ✓ **PREVIOUS MEDICAL RECORDS**
Reports, prescriptions, discharge summaries
- ✓ **CURRENT MEDICATIONS**
List of medicines you are taking (with doses)
- ✓ **INSURANCE / CASHLESS CARD (if any)**
- ✓ **REFERRAL LETTER (if any)**
- ✓ **NOTES ABOUT YOUR CONCERNS**
Symptoms, when they started, what helps or what makes it worse
- ✓ **FAMILY MEDICAL HISTORY**
Mental health or medical conditions in family
- ✓ **ANY RELEVANT REPORTS**
Lab tests, psychological assessments, etc.
- ✓ **A SUPPORT PERSON (if needed)**
Family member or friend for support



HELPFUL TIP

Writing down your concerns before the visit can help you express them better.



QUESTIONS TO ASK YOUR PSYCHIATRIST

- 1 What is my diagnosis?
- 2 What are my treatment options?
- 3 What are the benefits and possible side effects of the recommended treatment?
- 4 How long will the treatment take to show results?
- 5 Will I need medication? If yes, for how long?
- 6 Are there any lifestyle changes or therapies that can help?
- 7 How will we measure progress?
- 8 What should I do if my symptoms get worse?
- 9 Can I continue my current medicines / supplements?
- 10 When should I schedule my next appointment?



REMEMBER

There are no "silly" questions. Understanding your condition and treatment helps you heal better.



TIPS FOR A MEANINGFUL APPOINTMENT



BE OPEN & HONEST

Share your feelings, thoughts and concerns openly.



TAKE NOTES

It helps you remember important advice and instructions.



BE ON TIME

Arriving a few minutes early helps you settle in calmly.



AVOID DISTRACTIONS

Put your phone away so you can focus on your conversation.



BE PATIENT

Healing takes time. Stay consistent and be kind to yourself.



YOU ARE NOT ALONE

Seeking help is a brave and important first step towards feeling better. We are here to support you on your journey to mental wellness.

"Taking care of your mental health today is an investment in your happier tomorrow."



CONFIDENTIALITY ASSURED

Your privacy is important to us. Everything you share is confidential and used only to help you get the best care.



IMPORTANT NOTE

This information is for general guidance only and does not replace professional medical advice. Always consult your psychiatrist for personalized recommendations.