

# Preparing for Your Appointment

Having a few important details ready can help guide care. Use this checklist to prepare for your first appointment:

- ☐ Timeline of symptom changes and possible triggers
- ☐ Current medications and side effects
- ☐ Substance use history
- ☐ Relevant medical history
- ☐ A trusted support person, if desired
- ☐ Insurance information and cost questions
- ☐ Your main goals for treatment