



# HOW TO FIND THE RIGHT PSYCHIATRIST IN 6 STEPS



## 1 Define what is important to you.

- What are the primary reasons you are seeking mental health treatment at this point in time?
- List three things you would like to be different.

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## 2 Consider this a partnership.

- What are some important personality traits that will help make this partnership successful?
- Think about meaningful relationships in your life and why they work.

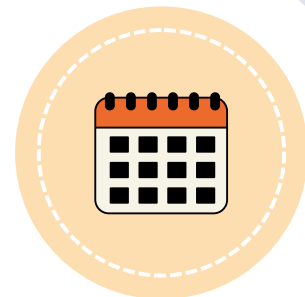


## 3 Overcome your fear of reaching out.

- Great things start small.
- Reach out in the format that feels most comfortable for you (ex. phone or email)

## 4 Schedule a time to talk.

- Try to spend 10 minutes speaking with the psychiatrist before booking the first appointment.
- What is your overall impression of the psychiatrist?



## 5 Agree on treatment goals.

- Express your treatment goals on the call
- Did you feel heard and does it feel like the two of you are aligned with how to achieve these goals?

## 6 Meet for an initial session.

- Did the first appointment feel collaborative and safe?
- Continue to evaluate fit with future appointments.

