

# WHAT TO TELL YOUR Psych Provider



When you see your psych provider, it's crucial to keep them in the loop about anything (and EVERYTHING) that could affect your mental health and treatment.

## HERE'S A LIST OF WHAT YOU SHOULD SHARE:

### New Medications

Started taking new meds since your last visit? This includes birth control or any over-the-counter supplements. Your provider needs to know because some of these can interact with your mental health meds.



### Doctor Appointments

Seen a specialist lately? Maybe an endocrinologist, neurologist, or even a dermatologist? Your psych provider wants to know. It helps them get the full picture of your health.



### New Symptoms

Noticed any new mental health symptoms, sleep changes, or physical issues? Feeling more anxious, having trouble sleeping, or getting strange headaches? Even if it seems minor, it's worth mentioning.



### Big Life Changes

Big changes can mess with your mental health. Moving, starting a new school or job, getting fired, or losing someone close to you are all significant events that your provider should know about. These changes can affect how you're feeling and how well your treatment is working.

### Substance Use

No judgment here, but if you've recently changed up your substance use—like switching marijuana dispensaries, trying LSD at a rave, snorting coke at a party, or just drinking or smoking more frequently—it's important to mention. Substances can impact your mental health and interact with meds, so your provider needs to know to give you the best care.



### Medication Side Effects

Experiencing any side effects from your meds? Whether it's nausea, dizziness, weight changes, or something else—tell your provider. They can tweak your treatment plan to make you more comfortable.





## Changes in Lifestyle or Routine

Started a new workout, changed your diet, or picked up a new hobby? Lifestyle changes can impact your mental health, either positively or negatively. Sharing these details helps your provider understand your overall well-being.



## Relationship Changes

Changes in your personal relationships, whether it's a new relationship, a breakup, or conflicts with friends or family, can significantly impact your mental health. Your provider should know about these dynamics to better understand your emotional state.

## Sexual Health and Activity

Sexual health is part of overall well-being. If there have been changes in your sexual activity or concerns about your sexual health, let your provider know. This can include anything from changes in libido to experiences of discomfort or pain.



## Compliance and Challenges

Struggling to stick to your treatment plan? Whether it's taking meds consistently, keeping up with therapy, or making lifestyle changes—it's important to discuss this. Your provider can help you figure out what's making it hard and work with you to find solutions.



## Mental Health in the Family

If there have been any recent mental health concerns or diagnoses in your family, mention these. Mental health conditions can sometimes have a genetic component, so it's helpful for your provider to know.



***Being open and honest with your psych provider helps them understand what's going on with you and how to best support your treatment. Your provider is here to help, not to judge, so don't hesitate to bring up anything that might be relevant to your care***

