



Preparing for an initial therapy visit

Preparing for your first therapy visit can help you get the most out of your time with your therapist. It can also help ease any nervous feelings you might be experiencing. Use this checklist to ensure you're ready for your first visit:

- **Reflect and prepare**

It's OK to have notes to remind you of important talking points.

- ☐ Write down why you're seeking therapy
- ☐ List your goals
- ☐ Make note of the medications you're taking
- ☐ Reach out to friends and family for help if needed

- **Jot down questions**

Use your first visit as an opportunity to learn more about therapy and your therapist.

- ☐ **Think of practical questions you may want to ask.** You might want to know how long sessions last or how often you'll meet.
- ☐ **Write down any questions you have about therapy in general.** Maybe you're wondering how therapy works or the difference between the various therapy options. This is your chance to learn from a mental health professional!
- ☐ **Think about what you'd like to learn about your therapist.** How long have they been practicing? Are they able to prescribe medications if needed? Do they have experience working with the challenges you're facing?

- **Reflect after the visit**

Take time to process your first visit.

- ☐ Did the therapist answer all your questions?
- ☐ Do you feel like it's a good fit?
- ☐ Remember that it's OK to try a different therapist.

Notes:
