Helpful Questions for Evaluating My Prescriber—

• Does my prescriber treat me with dignity and respect?
• Do I feel that my prescriber has hope for me to have the kind of life I want to have?
• Does my prescriber talk to me like I’m an important part of my treatment team?
• Do I trust the prescriber to safeguard my confidentiality?
• Does my prescriber give me the information I need so that I can make an informed choice about my treatment?
• Does my prescriber respect my decisions when I say no?
• Does my prescriber help me problem solve when I’m having difficulty staying safe?
• Do I feel okay asking my prescriber questions if I don’t understand something about my medication / treatment?

Preparing for an Encounter With My Provider—

• Write down questions
• Practice with someone you trust
• Practice in front of a mirror
• Plan for anxiety and how to manage it
• Self-test
• Think of medications in the context of OTHER coping skills, too

Good Questions to Ask Your Prescribing Provider About Your Medications—

• How are medications helping / not helping
• Specific side effects (sex life, weight gain)
• Diagnoses and how medications relate
• Interactions among medications
• Recent symptoms—both physical and mental