

QUESTIONS TO ASK WHEN CONSIDERING MEDICATION

If you're thinking about whether medication might be a part of how you care for your mental health, there are a few helpful questions we recommend you ask your medical provider or psychiatrist. You know you best, but this is a great starting point for a helpful and informed conversation about medication.

QUESTIONS TO ASK YOUR PROVIDER:

- What specific symptoms or conditions will be addressed with medication?
- What are the potential benefits of starting, changing, or stopping medication? Ask about the possible impact on mood, sleep, appetite, etc.
- What are the potential risks or side effects of the medication?
- Are there any medical conditions or medications that may interact with the proposed medication?
- What are the alternatives to medication?
- What is the evidence supporting the use of this medication for your specific condition?
- How long will it take to see results from the medication?
- What does a plan for monitoring a response to the medication look like?
- What is the plan for discontinuing the medication if needed? (Having a plan to safely taper off the medication if it's not effective or if you experience intolerable side effects can be critical.)
- How will the medication fit into your overall treatment plan?

QUESTIONS TO ASK YOURSELF:

- What support systems are available to me during this process?
- What tools can I use to monitor my response to the medication?
- What has my past experience been like with medications for mental health?
- How will I track and manage any side effects or changes in symptoms?

NOTES:

INTRODUCTORY MENTAL HEALTH TOOLKIT - **QUESTIONS TO ASK WHEN CONSIDERING MEDICATION**