

## WHAT CAN YOU DO TO MAKE THIS TREATMENT WORK?



- ◆ Take your medicine only as your doctor tells you.
- ◆ Do not abuse alcohol or other drugs while taking your medicine.
- ◆ Write down any questions you have and bring them to your next visit.
- ◆ Tell your doctor about any side effects that you have had since your last visit. This will help your doctor know how your new medicine is working.
- ◆ Tell your doctor about any other medicine you may be taking since your last visit. This should include any new medicine from your primary care doctor, as well as new 'drug store' and herbal medicine.

◆ Attend your counseling sessions regularly.

◆ Bring paper and pencil with you to write important information your doctor may give you.

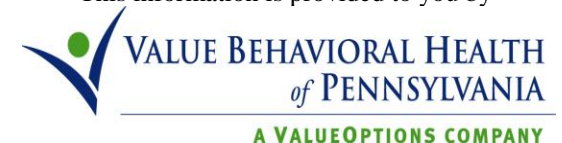
*If you are feeling suicidal, go to the hospital now or call 911 and ask for help.*

## A VISIT WITH A PSYCHIATRIST



## IMPORTANT TIPS FOR HEALTH CHOICES MEMBERS

This information is provided to you by



2009

## WHAT CAN YOU EXPECT?

- ◆ A Psychiatrist prescribes and follows the use of certain medicines. Taking these medicines is one way of dealing with the symptoms that are part of many mental health problems. These medicines may be helpful in treating your mental health needs.
- ◆ The medicines in use today work well. You may see a positive change in the quality of your life.
- ◆ Medication is often combined with other treatments such as counseling, case management and other support services.
- ◆ If you and your doctor think that medication will be helpful for you, he or she will write a prescription to give to you.
- ◆ The doctor should tell you:
  1. What the medicine is for
  2. When and how to take your medicine
  3. Any possible side effects that you might have
  4. When your next appointment will be

◆ **During a medication visit, your doctor does not provide counseling or therapy.** If you and your doctor decide that counseling will be helpful, the doctor will refer you to someone who is trained to help.



◆ After you begin to take your medicine, it is important that you tell your doctor any problems or side effects you have.



◆ If you have a concern about your medicine, you should call your doctor's office right away. The doctor or the staff will be able to answer your questions.



## HOW MUCH TIME WILL A VISIT TAKE?

- ◆ Your first visit with a psychiatrist will be about one hour. The doctor will review your personal and medical history with you. The doctor will ask about how you are feeling and talk with you about medicine that may help.
- ◆ The following visits with the doctor will be shorter "check-ups" or "med checks" which should last at least 15 minutes.
- ◆ Your doctor may suggest that you see a counselor. A visit with a counselor will last between 30 and 60 minutes.