

What I need to explain

Reason for this appointment...

Main symptoms or changes, including when they began and how often they happen...

Impact on sleep, eating, work, relationships, self-care or safety...

What I have already tried and what happened...

My three priorities for today...

Information and questions

Medication, supplements, diagnoses, allergies and relevant physical health information to bring...

Questions I want answered...

Support or adjustments I need: extra processing time, written information, quieter waiting, supporter present, plain language...

Anything I find difficult to say aloud...

Before I leave

I understand the next step: yes / no.

Who will do what, and by when?

Warning signs that mean I should seek help sooner...

How and when I will receive results or follow-up...

Notes from the appointment...

It is okay to ask: "Could you write that down for me?"