

MENTAL HEALTH CONVERSATION GUIDE OB PROVIDER VISIT

Bring this sheet to your next visit with your health care provider. Use this shared decision-making guide to help start the conversation with your provider and share your experience. You can use it the same way if your provider starts the conversation.

Start the Conversation by Telling Your Provider:

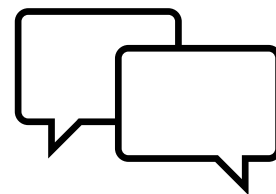
How you have been feeling. For how long.

What you have tried to help feel better. If it helped or not.

What your biggest worry is about how you're feeling.

Tell your provider if you have or had a mental health condition. What formal treatment you tried. How well did it work or not.

Express if you would like to discuss further treatment.



Important Questions to Ask:

- What are my treatment options?
- How long does care last?
- How well does it work?
- How long does it take to feel better?
- How safe is it for me and my baby?
- What are the side effects? How do I manage the side effects? When should I call you if the side effects are bad?
- What should I do if my symptoms get worse before my next visit?
- Who should I call if I feel that I may harm myself or my baby?
- Be sure to ask your health care provider any other questions you may have about how you're feeling.



Share your experience.

When considering treatment options it's important to start with your story and your experience. Answer the following questions to help guide you. Talk about your answers with your home visitor or doctor at your next visit.

How have you been feeling?

What have you been doing to cope?

What just hasn't worked?

Have you tried treatment?

Have you had any negative experiences?

What do others think – family and friends?

Have you thought about talk therapy or meds?

What is your biggest worry about depression?

How do you picture your and your baby's life?