YOUR OWN GROUND
PSYCHIATRIC CARE
Grow Where You Feel Safe and Seen♡

Before We Meet

You don't have to have the right words.

These questions are just for you to help gather your thoughts. Write as much or as little as you like, or simply bring yourself. You don't need to complete or turn this in.

What has been feeling difficult lately?

What would you most like help with right now?

What do you wish a healthcare provider had understood about you in the past?

What treatments or medications have helped you in the past?

What have you tried in the past that did not work?

Have you experienced medication side effects or had concerns about treatment?

What questions or concerns do you have about medication or treatment?

What would feeling better look like in your everyday life?

What would help you feel safer or more comfortable during our appointment?

Your story matters, and you are welcome here.