



FREE PRACTICAL TOOL

Questions to Ask a Therapist or Doctor

A calm starting point for finding care that feels respectful, clear, and right for you.

Start here

- 1 “What is your approach, and what can I expect from our first few visits?”
- 2 “How will we know whether this is helping?”
- 3 “What are my options if this plan is not the right fit?”
- 4 “How can I reach you or get support between appointments if needed?”

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