

## Other Information to Bring In

*To best help me help you, do the following if appropriate and able.*

*On your first visit or subsequent visits the following information would be helpful.  
Bring in what you can.*

- Pharmacy reports (which can be obtained from your pharmacist with the push of a single button)
- Any labs (all doctors no matter the age)
- Any past psychiatric/psychological evaluations
- Any psychiatric hospital discharge paperwork

*If this a daunting task at this time we can discuss what information would be most helpful on a case by case basis. Please do not stress out over this task before our first visit. Some of this information may not be pertinent to your case.*

Try to create a **time line** for your condition, include dates and duration of:

Medications (approximate date, name of medication, dose, duration, (effective • moderately effective • not effective • not remember)

Prior Psychiatrist or hospitalizations

Therapy & types of therapy (individual, couple, family, cognitive, etc.....)

Major life events, stressors, and traumatic events (i.e. all mood episodes, marriages, births, moves, divorces, schooling, jobs/job stress)

Below is an example of what the time line may look like.

Starting at birth may not be necessary.

A general picture of symptom development would be a help in putting together your history.

