

Prepare for the First Appointment

You can bring short notes rather than finding the perfect way to explain everything. Keep sensitive information on your own device or paper, and share it with the people you choose.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

What has been happening

The concern that brought you here and examples you want to discuss.

What you want to change or understand

Your priorities, questions and hopes for the conversation.

Health information to discuss

Medicines, symptoms, changes in substance use or stopping, and other care you receive. Ask the clinician what details they need.

What could make care easier or harder

Work, caregiving, travel, communication, costs or accessibility needs.

Before you leave

What is the plan? Who do you contact with questions? When is the next appointment?

Your notes belong to you

You do not need to send completed worksheets to AddictionHelp. Save them somewhere private.

Sources

[1] SAMHSA: Asking for help

<https://www.samhsa.gov/find-support/how-to-cope/how-to-ask-for-help>

[2] NIAAA: Questions for treatment programs

<https://alcohol.treatment.niaaa.nih.gov/how-to-find-alcohol-treatment/10-questions-for-alcohol-treatment-programs>

[3] SAMHSA: Choosing quality treatment

<https://www.samhsa.gov/find-support/learn-about-treatment/finding-quality-treatment>