

Questions for a first conversation

You do not have to share your whole story to ask whether a provider may be a fit. Use this sheet with any provider; leave private notes on your own copy.

Ask about fit and the work

What ages and concerns do you work with? What training is relevant? What might we do in sessions, and how would we review whether it is helping?

Ask about the practical arrangements

What is the fee, session length, cancellation policy and current availability? Is care in person, online, or both? How is time away or communication between sessions handled?

Ask about privacy and alternatives

Who can access my information, and what are the limits of confidentiality? If another service is needed, how would we discuss that next step?

My questions / what I want to clarify

Before deciding

Do I understand the costs and next step? Did I feel able to ask questions? Is anything still unclear? A consultation is not an obligation to continue.

Based on care-navigation questions in [NIMH: Psychotherapies](#). Not an assessment or treatment recommendation. Preview editorial draft; clinical review pending.

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