First counseling preparation note

Record what you want to discuss and ask. Leave any field blank.
Choose which parts you want to bring to your appointment.

Written on: _____ Appointment: _____

1. What I would like to discuss

A situation where I want support, or a moment that stayed with me.

2. When changes began

Approximate timing and changes in sleep, meals or daily activity.

3. Effects on daily life

What feels difficult and what remains possible at work, home or school.

4. Previous support and things to bring

Points from earlier care, or documents to bring separately.

5. Questions for this appointment

Questions about the approach, cost, next meeting or other concerns.

A CareOps personal note. If safety is at risk, seek help before finishing a worksheet.

Preparation reference: NIMH · Talking With a Health Care Provider
https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider

Share blank copies with the CareOps credit and original link.
https://maeumi.app/topics/counseling-preparation