

What You Can Do to Prepare for Your MH Visit

Check those symptoms below that you (or your loved one) experiences that you may want to discuss with your doctor:

- ☐ Having bad dreams or nightmares about the event or something similar
- ☐ Behaving or feeling as if the event were actually happening all over again
- ☐ Having a lot of emotional feelings when I am reminded of the event
- ☐ Having a lot of physical sensations when I am reminded of the event (e.g. heart races, pounds, or "misses a beat"; sweating, hard to breathe, feel faint, feel like I'm "going to lose control")
- ☐ Avoiding thoughts, conversations, or feelings that remind me about the event
- ☐ Avoiding people, places, or activities that remind me of the event
- ☐ Having difficulty remembering some important part of the event
- ☐ Lost interest in, or just don't do things that used to be important to me
- ☐ Feeling "detached" from people-I find it hard to trust people
- ☐ Feeling emotionally "numb" or finding it hard to have loving feelings even toward family members
- ☐ Having a hard time falling or staying asleep
- ☐ Feeling irritable or having problems with anger
- ☐ Having a hard time concentrating
- ☐ Thinking I may not live very long-so why plan for the future?
- ☐ Feeling "jumpy" and getting startled easily
- ☐ Always feeling "on guard"

Medical or stress problems:

- ☐ Stomach problems
- ☐ Intestinal problems
- ☐ Gynecological problems
- ☐ Weight gain or loss
- ☐ Chronic pain (e.g. back, neck, in women-pelvic area)
- ☐ Problems getting to sleep
- ☐ Problems staying asleep
- ☐ Headaches
- ☐ Skin rashes and other problems
- ☐ Nightmares
- ☐ Depression
- ☐ Lack of energy, chronic fatigue
- ☐ Alcohol and other substance use problems
- ☐ General nervousness
- ☐ Anxiety (panic) attacks

Other symptoms I have are: _____

Some possible questions that may help you identify what you might like to ask your doctor or counselor (check ones you might want to ask):

- ☐ “What do people have to do to recover from PTSD?”
- ☐ “Why do I have PTSD and other people don’t?”
- ☐ “Does having PTSD mean that I’m crazy or mentally ill?”
- ☐ “What will happen if I go for treatment?”
- ☐ “How long will treatment last?”
- ☐ “What will be the likely effects of treatment?”
- ☐ “What should I tell my wife/partner/other family members about PTSD?”
- ☐ “Where can I meet other families with a relative/partner with PTSD?”
- ☐ “What are the best resources to help families learn about PTSD?”
- ☐ “What should I tell others about my relative/partner with PTSD?”

If medication treatment is being discussed, you might like to ask some of these questions:

- ☐ “How is this medication supposed to help me?”
- ☐ “How will it affect my symptoms?”
- ☐ “How long will I have to take it?”
- ☐ “Can I stop it if I don’t like it?”
- ☐ “How will we know if it is working or not?”
- ☐ “What will happen if it doesn’t work?”
- ☐ “What are the side effects of the medication?”
- ☐ “How will it affect my other medications that I’m taking?”
- ☐ “Why do I need to go for counseling if I’m receiving medication treatment?”
- ☐ “How will medication treatment fit in with my PTSD counseling?”
- ☐ “How will medication affect my substance abuse recovery?”