Depression: questions for a clinician

Conversation prompts for a primary-care visit

General health information only. This page does not diagnose a condition or replace an assessment by a qualified clinician.

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Use these prompts to organize a conversation. They are not a self-assessment or a diagnosis.

Questions for Dr. Eduardo Jacques

1. What symptoms or changes are most important to assess first?
2. Could a medical condition, medicine, substance, grief, anxiety or bipolar symptoms contribute?
3. How will we talk about safety and what should I do if symptoms worsen?
4. Would a questionnaire help, and how is it different from a diagnosis?
5. Which therapy, community or specialist options are available?
6. If medication is discussed, what benefits, interactions and follow-up matter?
7. What support is available for pregnancy, postpartum changes, substance use or caregiving?
8. When should we review the plan, and who should I contact between visits?

Safety prompt

If you may act on thoughts of suicide or cannot keep yourself safe, use urgent help now: call 911 or attend the nearest emergency department. In Canada, call or text 988 for suicide crisis support.

Notes

Write notes on your own paper or in a private notes app. Do not add personal health information to this public page or this draft guide.

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