Depression: visit-preparation checklist

A private, printable preparation sheet

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

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A privacy-preserving preparation sheet. Leave blanks if you prefer.

Before the visit	Bring or note
Symptoms	Mood, interest, sleep, energy, appetite, concentration and function timeline
Safety	Suicide/self-harm thoughts, past attempts or anything that makes you feel unsafe
Clinical context	Medicines, supplements, substances, allergies, medical conditions and family history
Past care	Previous therapy, medicines, hospital care and what helped or did not
Life context	Work, school, caregiving, relationships, housing, finances or access barriers
Questions	Pick 2–3 questions from the companion guide
Support	A trusted person if you want company or help remembering the discussion

This checklist is not stored or submitted. It does not replace an assessment.

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