



Sharing Decision-Making with your Provider

You can use this checklist to help you prepare to discuss your treatment options and next steps with your health provider. Complete this checklist before your next appointment.

Shared decision making checklist (Mental Health America)

Name: _____

Date: _____

How am I doing?

Mood _____

Anxiety _____

Thoughts _____

Sleep _____

Appetite _____

Exercise _____

Relationships _____

Work, school or recreation _____

Tobacco, alcohol or drug use _____

Medicine side-effects _____

Physical health _____

Other problems in my life _____

How am I helping myself?

What are my goals?

For the next two weeks _____

For the next two months _____

For the next year _____

What do I want the doctor to do for me today?

LINKS TO RESOURCES

Shared Decision-Making in Mental Health Care: Practice, Research, and Future Directions. HHS Publication No. SMA-09-4371. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2010.

You're on the Team: Checklist. (2014, April 21). Retrieved April 06, 2017, from

<http://www.mentalhealthamerica.net/youre-team-checklist>

You're on the Team: Shared Decision-Making. (2014, April 21). Retrieved April 06, 2017, from

<http://www.mentalhealthamerica.net/youre-team-shared-decision-making>

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