A short appointment prompt sheet

You do not need a perfect explanation to ask for help. Choose one prompt, leave the rest, or show these words to a qualified professional.

One concern I want to mention

What has changed, when did it begin, and how is everyday life affected? A few words or one example is enough.

One question I want answered

For example: "What are my options, and what might the next step involve?" You can ask about costs, waiting times and lower-cost local support.

Before we finish

"Could we write down the plan, when to review it, and whom I should contact if things get worse?"

You might ask for more time, an interpreter, a quieter setting, written information or a trusted companion. Ask what is available. You can request time alone and ask about confidentiality and its limits.

Nothing needs to be completed or submitted before you seek help. Keep personal notes private.

Someone to listen, day or night: Samaritans 116 123 (Ireland, UK); text HELLO to 50808 (Ireland); call or text 988 (US, Canada); Lifeline 13 11 14 (Australia); elsewhere, findahelpline.com lists free helplines.

Full prompts and independent sources | Find local support

Source: NIMH, Tips for Talking With a Health Care Provider. Checked 21 October 2026. An excerpt from the approved communication pack; not a validated assessment. Share unchanged blank copies with these source notes.

General information and support for adults. Not a substitute for professional assessment, advice, treatment or emergency care. Immediate danger or unable to stay safe? Call 112 or 999 (Ireland, UK), 911 (US, Canada), 000 (Australia) or your local emergency number.
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