

WHAT TO ASK MEDICAL AND MENTAL HEALTH PROVIDERS



Keep in mind that the best mental health or medical provider for you is one with whom you feel comfortable. In therapy settings you might be spending time over a period of weeks or months talking with this person and sharing personal information. When it comes to both your medical and mental healthcare it is important that you find a professional with whom you can develop a trusting, therapeutic relationship. Talking with a prospective provider for a few minutes on the phone should give you a feel for whether or not this person will be a good match for you. It is likely that you already have some questions that you would want to know about their practice. Or, you might choose some questions from the following list. ***Feel free to print this sheet out and jot down the answers to the questions below.***

1. What is your view of lesbian, gay, bisexual, transgender people and their relationships?
2. Do you generally work with LGBTQ people?
3. Do you see individuals? Couples? Families? Groups?
4. What's your experience with treating other people with problems similar to mine?
5. What type of professional education do you have in working with LGBTQ clients?
6. What kind of training have you had in working with the LGBTQ population?
7. How do you describe your professional orientation?
8. How long have you been in practice?
9. Where is your office located?
10. What are your usual office hours?
11. What are your fees? Are you able to accept my insurance?
12. Do you have a sliding fee scale? How does it work?
13. How soon would you be able to see me?