

Depression



1. If I'm experiencing symptoms after hours and need assistance, how can I get in contact with a practitioner?
Are there 24hr services I can utilize?
2. When should I go to an emergency room?
3. Do I need an insurance referral to be seen by a psychotherapy professional?
4. What do I need to be aware of with prescription medicines?
I want to fully understand how I am meant to take the suggested medicines.
Ask your Practitioner all your questions.
5. What do I need to be aware of if I take over-the-counter medicines?
(It is important to specify all of the medications, herbs, vitamins and other products that you are taking; bring a list to your appointment).
Please be sure you fully understand how you are meant to take the suggested medicines and ask your Practitioners any questions beforehand. You are not bothering them; your safety is their priority.