Dear Doctor

Ready to go to see your doctor? Great. Here's a letter to get the conversation started. You can fill this out and take it with you to your appointment.

Hello, health professional,

The person who handed you this is struggling with anxiety and/or depression and is being super brave and asking for some help. This letter is intended to begin the conversation, and offer some preliminary information to help make some changes.

• I've had issues with anxiety/depression before, it's something I've dealt with (off and on) or (most of my life)
   or
• I've not had any real issues with anxiety/depression. It's been mostly fine until _____.
• I've got some stressful/difficult life situations going on (loss, divorce, finances, job issues, moving, etc) such as _____
   or
• I haven't really got anything unusually stressful going on. The anxiety seems to be coming out of nowhere.

• I've been feeling anxious and/or depressed for_____ days/weeks/months/ years

I'm having some physical symptoms like (sleep disturbance, intestinal issues, headaches, shortness of breath, chest pain, trembling, heart palpitations, unintentional weight fluctuations). Here are the times and situations in which I have those symptoms:

_____

_____

_____

_____

So far, I've tried the following things to deal with my anxiety/depression:
- therapy
- medication
- exercise
- nutrition
- increasing focus on good sleep schedule
- meditation/yoga
- massage/acupuncture
- something else _____

- Yeah, I know I shouldn't, but I'm self medicating with drugs/alcohol/food. Specifically

_____

_____

- Nope, I'm not self-medicating

- I've had this many panic attacks: _____ this frequently _____
or
- I haven't had a panic attack

Let's discuss what might work for me, but at this point I'd be willing to try the following things as part of our plan:
- therapy
- medication (SSRIs, benzodiazepines, beta blockers)
- exercise
- nutrition plan
- focusing on sleep habits
- meditation/yoga
- massage/acupuncture
- something else _____
- absolutely anything you can think of, because this really sucks.

And here is something that is not covered in the letter but I wanted you to know about:

_____

_____

_____