



INFORMED CHOICES ABOUT

DEPRESSION

Questions to ask when you are deciding on a counselor or therapist

- Be sure to ask any questions that are important to you such as:
 - What is your training and experience?
 - Have you treated many people with this type of problem?
- What treatment approaches do you use and how do they work?
- Is there a charge for the service? If there is, what is the fee and how do I pay?
- Having a good “fit” with your therapist is key to successful therapy.
- It’s important that you feel safe, supported, and can honestly share your thoughts and feelings.
- It’s okay to check look into your choices and alternatives to find the right person.
- Consider creating a list of questions to ask counselors or therapists over the phone before making a first appointment.



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For more fact sheets and information about depression and its treatment please visit: <http://depression.informedchoices.ca>

Disclaimer: Information in this pamphlet is provided for educational purposes only. Always consult a qualified health care professional for your specific care.

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Source: This summary provides scientifically accurate information. It was prepared in a research review by researchers and young adults with the Mobilizing Minds Research Group. The researchers are based at six universities: Manitoba, York, McMaster, Brock, Brandon, and Université Laval. Our core community partner is mindyourmind.ca located in London, Ontario. Our young adult team members are located all across the country. Last revised: 12 March 2013.

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