

PSYCHIATRY

So you are going to see a psychiatrist.....



**Dr
Perry**



**Dr
Dharma**



**Dr
Marston**



1) You will get a letter. The letter will invite you to meet a doctor. It's ok to bring a friend or someone who knows you well.



2) You will go to the clinic on the day of your appointment. It might not always be at the hospital.



3) Go to the reception desk and let them know that you are there.



4) You will be asked to sit and wait for the doctor.



5) The doctor will come out and meet you and take you into a private room



6) The doctor will ask you lots of questions.

The doctor will ask you if you are on any medication.

(Take your medication with you)

3





7) The doctor may ask you if you want your carer or friend to leave the room, so you can talk on your own.

It's ok for them to stay if you want them to.



8) The doctor will ask you about how you are feeling





9) When you have finished talking to the doctor, your carer or friend can come back in.



10) You might need to go for tests or see someone else.



11) You and the doctor will decide when to meet again to see how you are getting on.



12) Your first meeting will last an hour and a half.

**Remember, if you need to
cancel your meeting please
let the doctor know.**



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