



## When you are in therapy, what your doctor needs to know...

When you or your family member needs to see more than one doctor or health care provider, your care can become more complex. This is true whether you see more than one medical doctor or a therapist.

Some questions you might be wondering about include:

- Why is it anybody's business when I go to therapy?
- Why does my doctor need to know about my personal problems?
- Why does my therapist need to talk to my psychiatrist or medical doctor?

The answer to these questions should be discussed with your doctor or therapist.

For example, it is very important for doctors and therapists to communicate at these times:

- **When you start therapy.** Sometimes problems can be caused by medical conditions. For instance, depression is sometimes linked to certain medical problems. Other times, depression or anxiety may play a part in your medical condition.
- **When you start or change medications.** Your doctor can help make sure that the medicines you take can be safely used together.
- **Changes in health status.** If your health changes, your doctor needs to know to see if you need to have any tests or changes to your medicines.
- **Laboratory findings.** Ask that a copy of any tests be sent to your doctor. This will help your doctor monitor your care and prevent you from having extra tests done.

### **Be your own Health Care Manager**

Take an active part in managing your own care. Ask your therapist to call your doctor. He or she will ask you to sign a form to give permission to share the information. On the form you can list what type of information you would like shared, such as diagnosis, lab work, and medications. You are your own best advocate.