

CONSULTATION CALL PREP

PROSPECTIVE THERAPIST CHECKLIST

5 questions to ask when looking for a
new therapist

HEALTHYMINDS.NYC

READY TO FIND A THERAPIST?



At Healthy Minds NYC, our mission is to make starting therapy simple and clear for professional New Yorkers so you can get back to operating at your best.

We believe you deserve to live better, work better, and play better—and we know optimizing your mental health is one of the best ways to help you build the rich and thriving life you desire.

Unfortunately, starting therapy for the first time, or returning to therapy after an extended break, can feel complicated. There is so much to consider when it comes to selecting the right therapist. Let's keep it simple.

Here are the 5 most important topics you'll need to discuss with the Care Coordinator to begin therapy.



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QUESTIONS FOR MY PROSPECTIVE THERAPIST

USE THIS FORM AS A REMINDER OF TOPICS TO DISCUSS AND A PLACE TO CAPTURE INFORMATION SHARED BY THE CARE COORDINATOR AT HEALTHY MINDS NYC BEFORE YOU BEGIN THERAPY.

1	GOALS CAN YOU HELP ME MEET MY THERAPY GOALS?	
2	STYLE WHAT KIND OF TREATMENT IS BEST FOR ME?	
3	COST WHAT CAN I EXPECT TO PAY FOR EACH SESSION?	
4	SCHEDULE WHEN WILL I MEET WITH MY NEW THERAPIST?	
5	LOGISTICS WHAT ARE MY NEXT STEPS TO GET STARTED?	



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Let's get started!

You deserve to live, work, and play better. Our team is here to help!

We can't wait to work with you. When you're ready for your free 15-minute consultation, visit our website to schedule the best time for you to speak with our Care Coordinator. It's as simple as that!



Book Your Consultation

healthyminds.nyc/freeconsultation

(929) 399-7120

