Questions to Ask Your New Care Provider

(Therapist, Peer Supporter, etc.)

Feel empowered to share this, print this, modify this list to suit your needs.

> *This list is nonexhaustive, but might be helpful as a framework when you are meeting with a new provider for the first time. Not all care providers will, be default, be a good fit for you. Unfortunately, some providers of care act in harmful ways, can cause trauma, or exacerbate existing distress.*
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> *You deserve to be informed about the person you are seeking support, care from. Here are some questions that may be helpful to ask when you are meeting with someone new for the first time.*

This list was curated by Dandelion a Autigenderqueer, Mad, care provider, lived experience educator, a peer supporter and abolitionist social worker: @Dandelion.Hill. Additional questions were submitted by peers with lived experience navigating mental health resources who shared questions they also felt could be helpful. If you have any questions or would like to add to this list email: Dandelion@PeerSupportSpace.org

If you would like to explore care providers who engage in abolition-centered care you can check out this community database: tinyurl.com/AbolitionCareProviders

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Remember, you always deserve to and have the right to informed consent around who you engage with.

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- **Before we work together I would like to know how you handle situations of suicidality?**
- **Do you work with law enforcement?**
- **Under what circumstances do you engage in mandated reporting?**

- **What frameworks inform the way in which you provide care?**
- **How do you feel white supremacy, colonialism, capitalism impacts mental health?**
- **What does trauma-informed care mean to you?**
- **How familiar are you with aspects of _____ identity? (Queer, Trans, Autistic, etc.)**
- **Do you believe in a harm reductionist approach to care?**
- **How do you feel environmental factors impact mental health?**
- **What are you views on polyamory and Sex Work?**
- **What was the last training you attended?**
- **What are your perspectives on diagnosis? Self-diagnosis?**
- **What are your thoughts on the DSM?**
- **Are you a faith-based practitioner? Will spirituality be present in your practice?**
- **How aware are you of how your privileges impact the experiences I may share?**
- **Do you believe in anti-carceral forms of care and to what extent do you work to ensure you are upholding these values while working within a predominantly carceral system?**
- **For adopted/displaces folks: Are you an adopted/displaced person? Do you wan/hope to adopt? Are you an adoptive parent? Do you believe adoption is trauma?**