



Ask For Referrals

A good starting point is to ask people you know for recommendations. Family members or close friends may have a doctor that they really trust. In addition, you can ask your health care provider for his or her recommendations.

How to Find a PSYCHIATRIST

The decision to ask for help with your mental well-being can be difficult, but it may be the best choice that you could make for yourself and your loved ones. If you haven't ever worked with a psychiatrist, you may not know where to start.

Here are six tips to help you narrow down your search to find the provider who is the right fit for you.



Get Online

If you have the name of a psychiatrist, you can do an online search to read reviews and check his or her credentials. You can look up education, experience, training, and certification as well as any disciplinary actions or malpractice issues.

Research Experience

You can find out if a candidate has experience in a certain type of therapy that you're interested in trying, or you can ask about how many years a psychiatrist has practicing.



Assess Communication

You can determine if you like how a potential psychiatrist communicates with you by scheduling an initial visit and treating it as an interview. If you feel like you'd be able to build trust and positive communication with that provider, it is a good sign.



Consider Specialties

You may want to consider a doctor who specializes in a specific age group or mental illness. It may be beneficial to work with someone who has an extensive background in your particular issues if you have already been diagnosed.



Consider Gender

Some patients may feel more comfortable visiting a psychiatrist of their same gender. However, most psychiatrists are trained to treat both men and women, and an increasing number work closely with varying gender identities.



Schedule an Appointment

Davis Behavioral Health has numerous mental health providers that work with children, adolescents, and adults. Finding the right psychiatrist for your needs is possible! Contact us today to schedule an appointment so that you can start feeling better.

DAVIS  BEHAVIORAL HEALTH | 801.773.7060
Community • Commitment • Change | dbh.utah.org