

Preparing for a first appointment

You do not need a polished explanation of what is wrong. A few notes may make the first conversation easier.

01 What has prompted you to seek help now?

Consider what changed, became harder to manage or made now feel like the time to ask for help.

02 How is the concern affecting daily life?

You might note the effect on sleep, mood, work, study, relationships, health, routines or activities you have stopped doing.

03 What has helped or not helped before?

Previous therapy, medication, practical strategies and support from other people can all be useful context.

04 What should Brent know about safety or support?

Include any immediate safety concern, current health issue or other clinician involved. Urgent concerns should not be sent through the website.

05 What would you most like to be different?

A broad direction is enough. Goals can become clearer once the problem has been understood together.

You can still attend without notes

The first session is a conversation, not a test. Brent will help organise the information, clarify what matters and discuss whether Axis is likely to be the right fit.