

Getting Started with Therapy

A simple guide from Mesa & Mind Therapy

Before you reach out

- Think about what you would like support with. You do not need a perfect explanation - a few sentences is enough.
- Review clinician profiles and availability if you want to request a particular therapist.
- Have your insurance card nearby if you plan to use insurance.

After you request an appointment

The practice will follow up about availability, fit, scheduling, and any next steps. A request is not a confirmed appointment until the practice contacts you.

Before the first session

- Complete any forms the practice sends through its secure client system.
- Write down medications, providers, or major concerns you want to remember if they are relevant to your care.
- Bring questions. It is reasonable to ask about approach, goals, confidentiality, fees, scheduling, and what therapy may look like.

Your first conversation

A first session is usually a chance to understand what brings you in, what matters to you, and whether the therapist feels like a workable fit. You do not have to tell your entire story at once.

Demo document for the TherapyBuilt sample practice. This is general educational information and is not clinical, legal, or insurance advice.