

BEFORE TREATMENT

Outpatient Scope and Safety

BioMental Health provides scheduled outpatient psychiatry, not emergency or crisis stabilization.

- For immediate danger or thoughts of harming yourself or someone else, call 911, go to an emergency department, or call or text 988
- Some safety concerns, monitoring needs, or changes in condition require in-person or higher-level care
- We do not provide forensic, legal, fitness-for-duty, disability, Emotional Support Animal, or workers' compensation evaluations
- With authorization, records and treatment information can be coordinated with other clinicians

Can visits be virtual?

Telepsychiatry may be available for eligible patients when clinically appropriate. Some situations require in-person visits.

Do I need a referral?

Referral requirements vary by insurance plan and clinical situation. Our team can help review what is needed before scheduling.



Individual results and coverage vary. A clinical evaluation is required.



Will medication be prescribed at the first visit?

Sometimes, but not always. The provider first reviews diagnosis, safety, medical history, past response, interactions, and whether more information is needed.

QUESTIONS?

We are here to help.

Our team can review treatment fit, scheduling, and next steps.



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General Psychiatry

Outpatient psychiatric evaluation and medication management



Psychiatric evaluation



Medication management



In-person or telepsychiatry



Coordinated care



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Make the first visit more useful

A psychiatric evaluation reviews symptoms in the context of your health, medications, prior treatment, daily functioning, and goals.

- List prescriptions, over-the-counter medicines, vitamins, supplements, doses, and how you take them.
- Note when symptoms began, how often they occur, their severity, triggers, and recent stressors.
- Share prior diagnoses, treatments, benefits, side effects, allergies, and reasons medications were stopped.
- Bring recent records or lab results when available, along with your main goals and questions.

Questions about a new medication

- ☐ What symptom is this meant to treat?
- ☐ How and when should I take it?
- ☐ When might benefit become noticeable?
- ☐ Which side effects or interactions matter most?
- ☐ What monitoring or follow-up is needed?
- ☐ When should I call the office or seek urgent care?

What Is General Psychiatry?

General psychiatry evaluates mental health concerns affecting mood, anxiety, attention, sleep, thinking, substance use, relationships, and daily functioning.

Care may include medication management, education, symptom and side-effect monitoring, recovery planning, coordination with therapy or primary care, and referral to more intensive care when needed.

When to Consider an Evaluation

An evaluation can help when there has been a sustained, returning, or concerning change in mental health or daily functioning.

- Symptoms interfere with work, school, sleep, relationships, self-care, physical health, or safety
- Mood, anxiety, attention, thinking, behavior, substance use, or sleep has noticeably changed
- Medication is ineffective, difficult to tolerate, hard to take consistently, or needs review

How Progress Is Tracked

Follow-up looks beyond whether you feel better or worse. You and your provider identify specific changes that would make treatment meaningful and review them over time.

Tracking patterns between visits can show whether a plan is helping, needs adjustment, or requires a different approach.

- Mood, anxiety, attention, sleep, symptom frequency, triggers, and safety
- Energy, self-care, routines, work or school, relationships, and daily responsibilities
- Medication benefit, side effects, missed doses, and substance-use or medical changes

What to Expect at the First Visit



First, the provider reviews your main concerns, symptom timeline, prior diagnoses, medications, therapy, medical and substance-use history, safety, daily functioning, and goals.



Next, you discuss the working diagnosis and whether records, lab work, rating scales, or coordination with another clinician would help clarify the plan.



Finally, you agree on next steps such as medication, therapy coordination, follow-up, or referral. A prescription is not automatic at the first visit.

At a Glance



Outpatient

Care setting



Both

Visit formats



Ongoing

Follow-up

Medication Management



Medication management is more than writing a prescription. Follow-up visits track response, side effects, adherence, interactions, medical changes, refills, and whether the plan is helping the patient function better over time.

Telepsychiatry and In-Person Care



Telepsychiatry may be available for eligible patients when clinically appropriate and permitted by licensing and practice requirements.