

SEHTLO WEBS MD

THE CARE QUEST DECK

STEP-BY-STEP GUIDE TO FINDING A PSYCHIATRIST



PATH 1: Define the mission

Goal: pick a focus for care

You are seeking help for: mood,
anxiety, trauma, ADHD, OCD,
psychosis, sleep, burnout,
PMDD, autism support, or “I do
not know but I am struggling.”

Win condition: you can say one
sentence about why you want

care.

SEHTLO WEBS MD

THE CARE QUEST DECK

STEP-BY-STEP GUIDE TO FINDING A PSYCHIATRIST



PATH 2: Choose the team

Pick a: therapist, psychiatrist, or
both

Rule: if you want meds, you need
a prescriber, usually a psychiatrist,
sometimes a primary care
clinician.

Win condition: you know which
roles you need.

SEHTLO WEBS MD

THE CARE QUEST DECK

STEP-BY-STEP GUIDE TO FINDING A PSYCHIATRIST



PATH 3: Build your short list

Pick 5 names.

Sources: insurance directory,
Psychology Today, local hospital
system, community clinic,
recommendations, telehealth
networks.

Win condition: you have 5
options written down.

SEHTLO WEBS MD

THE CARE QUEST DECK

STEP-BY-STEP GUIDE TO FINDING A PSYCHIATRIST



PATH 4: Check logistics

You need: cost estimate, location, telehealth, wait time, insurance, cancellation policy.

Win condition: you can pick the top 2 options.

SEHTLO WEBS MD

THE CARE QUEST DECK

STEP-BY-STEP GUIDE TO FINDING A PSYCHIATRIST



PATH 5: Make contact

You send messages or call.

Goal: get 1 appointment booked,
even if it is a backup.

Win condition: appointment
exists on your calendar.