

Steps for CDL with Mental Health Diagnosis

1. Meet With a Healthcare Provider

If you suspect you might have a mental disorder or you have been diagnosed with one, your first step is to meet with your doctor to get a diagnosis and come up with a treatment plan. Ensure you are open about your desire to qualify for a commercial driver's license. If you are transparent from the beginning, your healthcare provider can be clear about your options.



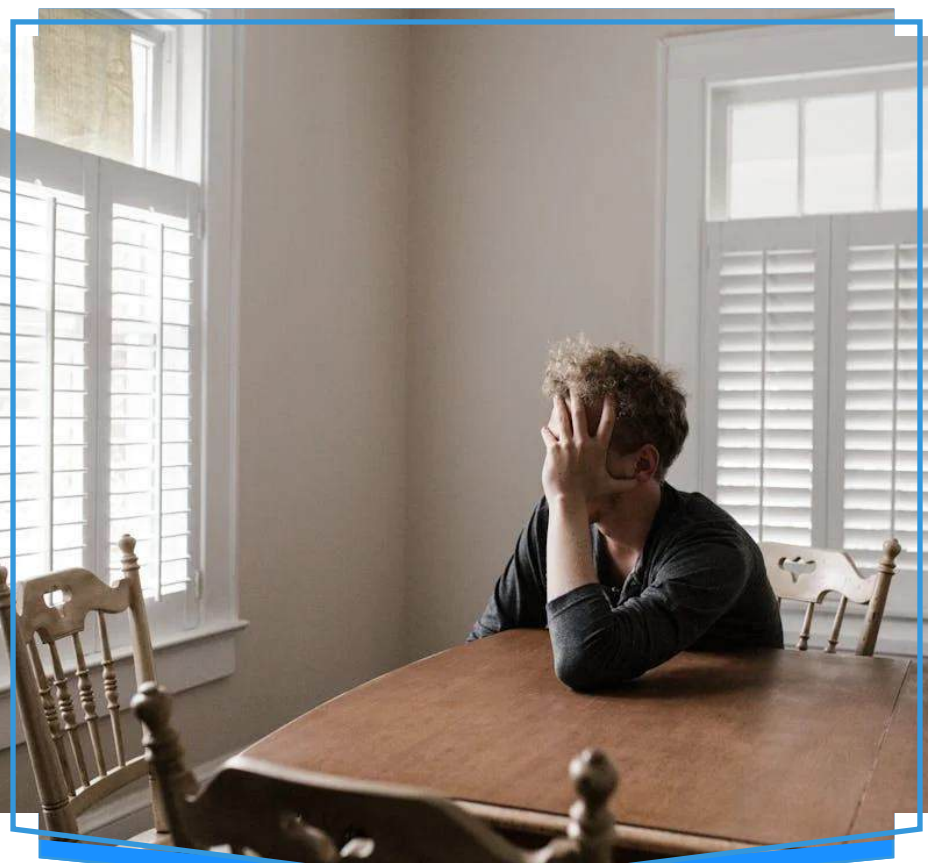
2. Obtain a DOT Medical Exam and Certificate

Before obtaining a commercial driver's license, you'll need a DOT physical exam. The medical examiner will assess your mental and physical health, medical history, stamina, and drug/alcohol use, then send the results to the FMCSA. If you pass, you'll receive an FMCSA medical examiner's certificate (MEC).



3. Follow-Up

For your safety and long-term health, it is important that you continue to follow up with your doctor to stay on top of your treatment and medication.



4. Mental Health Stigmas

Ignoring symptoms of depression or ADHD can be dangerous for both you and the public. Mental health issues, if left unaddressed, can lead to anger, concentration problems, substance use, insomnia, or even risky behavior and thoughts of suicide.