

WE ARE HERE TO *H.E.L.P*

How to talk to your GP about mental health



H HONESTY IS HEALING

Try to be open and honest about your difficulties, even if you feel nervous/embarrassed. The more details you provide about your symptoms, the better an understanding your GP will have about the most effective treatment.



E EXPRESS YOUR HOPES

Before the appointment, have a think about what you might be hoping to get from the GP, and write down any questions you have. Express any questions or queries that are on your mind.

L LISTEN + LIST

Your GP may suggest several treatment options to you, so listen to the treatments available to learn about the benefits of these, and feel free to make a list of each by writing them down.



P PLAN A CHECK IN

Talk to your doctor about when you can see them again to discuss how you're finding the treatment. That way, your doctor can provide support and make any adjustments you may need to ensure you're getting the most out of the treatment.

