



### *How to get the best out of your GP Visit*

#### STEP 1.

- > Write down what you would like to ask your Doctor.
- > Write down symptoms of how you are feeling
- > Write down how your mood is affecting how you are feeling.
- > When thinking of your mood, try and describe the worst part of the last two weeks
- > Feel free to take a family member or friend if that makes you feel more comfortable.

#### STEP 2.

- > Attend your appointment
- > Relax
- > Tell the GP what medications you are taking, including herbal.
- > Ask questions, for example:
  1. What mental health problem might I have?
  2. Why can I not get over my mental health problem on my own?
  3. How do I treat my diagnosis?
  4. What medications will help?
  5. What can I do to help myself?
  6. What leaflets or websites will help?



#### STEP 3.

- > Always follow your doctors advice!