



Confidently
Navigate a
Mental Health
Consult with
Your GP

— *Let's get confident...* —

GP Conversations: your guide to reaching out





**IT'S IMPORTANT TO
REMEMBER THAT
REACHING OUT FOR HELP
IS A SIGN OF STRENGTH
AND IT'S THE FIRST STEP
TO FEELING BETTER**





GP CONVERSATIONS

TEN TIPS TO HELP YOU PREPARE AND GET THE MOST OUT OF YOUR GP MENTAL HEALTH CONSULTATION

1 Prepare a list of your symptoms and concerns before the appointment

This ensures that you cover all the essential points during your consultation and ensures you don't miss anything key on the day.



2 Share any relevant personal or family mental health history

Providing this information early can help your GP understand potential risk factors and tailor a management plan specific to you.



3 Bring a list of current and past medications and their dosages

This ensures your GP has a comprehensive overview of your medical history. This may be considered in future treatment decisions.



4 Mention any recent life changes or stressors that contribute to your mental health

Discussing recent events can help identify triggers for your mental health concerns. Treatment can be tailored to your unique needs.



5 Discuss any lifestyle factors affecting your mental health e.g. sleep, exercise, and diet

Lifestyle factors play a significant role in mental health, so addressing these in a holistic treatment plan is key to your success.





GP CONVERSATIONS

TEN TIPS TO HELP YOU PREPARE AND GET THE MOST OUT OF YOUR GP MENTAL HEALTH CONSULTATION

6 Describe your daily functioning and how your mental health may be impacting it

This gives your GP insight into the real time, day-to-day impact of your mental health. We can tailor treatment to help accordingly.



6

7 Be honest about your feelings & experiences, even if they seem difficult to discuss

Open communication is crucial for an accurate diagnosis and effective treatment plan. Remember we are here to help, not judge.



7

8 Express any concerns about psychology or side effects of medications

Discussing worries about potential therapy and medications ensures a management plan that aligns with your needs.



8

9 Be open to discussing coping mechanisms you've tried and their effectiveness

Sharing coping mechanisms helps your GP understand your previous strategies and their impact. This may influence next steps.



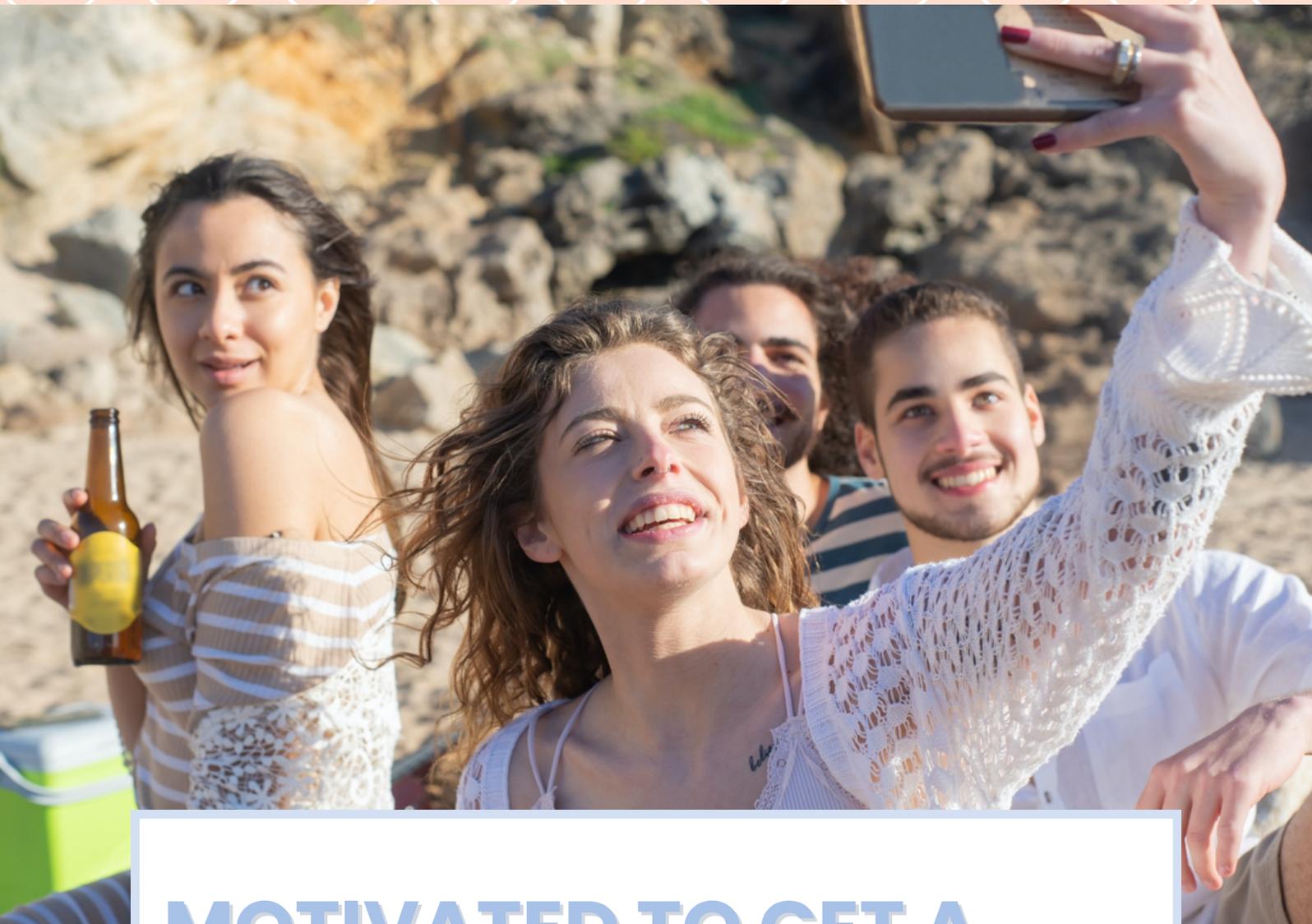
9

10 Be clear about your expectations for treatment and desired outcomes

Setting clear expectations helps in creating a treatment plan that aligns with your goals; doing so increases your chances of success.



10



**MOTIVATED TO GET A
HEAD START AND TURN
THINGS AROUND NOW?
... CHECK OUT OUR
ONLINE PROGRAM**





First Steps to Overcoming Depression and Anxiety

Head to www.thecloudgp.com.au

CONSULT ONE THE MEDICAL WORKUP



Here's what you'll learn

- The difference between a rough time and Depression and Anxiety so you know when to seek help.
- How to overcome the guilt, blame and overwhelm so you can confidently engage in psychology treatment
- Practical lifestyle improvements through diet, exercise, and sleep hygiene to help you boost energy and feel better
- The role of antidepressant medication in treatment; the pros, the cons, and common myths... so you feel safe knowing you have options.

CONSULT TWO BUILD YOUR SKILLS



Here's what you'll learn

- **Problem Solving Therapy:** psychology to help tackle specific conundrums with logic and clear process so you ditch the overwhelm and gain clarity
- **Cognitive Behavioural Therapy:** how to identify and challenge unhelpful thought patterns allowing you to overcome self-doubt and build confidence
- **Mindfulness:** practical exercises to help ground you in the present moment so you can stop the negative spiralling and 'what if' thoughts that keep you up at night.

CONSULT THREE SUPPORT & SUICIDE SAFETY



Here's what you'll learn

- How to build social connection and your sense of community at work and home, so you don't feel alone
- Education and tips for family and friends, encouraging non-judgemental practical mental health support
- Suicide safety through development of a clear and concise action plan. Peace of mind for yourself and loved ones that you have a plan if you were to ever experience thoughts of ending your life

This document may be freely downloaded and distributed on condition no change is made to the content. The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment. Not to be used for commercial purposes.



First Steps to Overcoming Depression and Anxiety

ENROL NOW

Hi there,

So, you're thinking of reaching out for mental health support...

Woohoo! I'm here cheering you on!



Why? Because I get it. I know this is exhausting, and I know how hard you've tried to fix this yourself. I might be biased, but helping my patients get back to **living their best life ever** is the most rewarding part of medicine and being a GP.

If you'd like me to guide you, help you build a strong foundation for long-term mental wellness (like I have for so many of my patients), then jump on our website and sign up to **First Steps to Overcoming Depression and Anxiety**. You don't need a referral or a diagnosis; we are here to simply give you the head start you deserve. We're here to make it easy: **self-directed, online, from the comfort of your living room, and done in a few days**. How easy is that?!



Practical



Evidence-based



Achievable

The key to getting you better is keeping you informed and engaged; that's how we stop the self-doubt and overwhelm from creeping back. The catch? **You have to take action now**; twiddling thumbs never solved life's problems.

I look forward to being a part of this big step you're taking to improve your relationship with your partner, increase productivity at work, be the better parent, and the fun friend who **feels happy and ready to enjoy life**... because that's what it is all about. You can do this, I'm here to guide you through it.

Dr Shiromi

MBBS. FRACGP

To get started, visit our website at www.thecloudgp.com.au