GP appointment preparation worksheet

Choosing the right starting point

If you are not sure where to start, a GP (General Practitioner) is often the easiest place to begin.

What a GP can do

- Check your physical health and any immediate risk
- Talk about your eating patterns and any symptoms
- Arrange blood tests if needed
- Refer you to other services
- Prepare a Mental Health Care Plan if it is right for you

Who you might be referred to

You may be referred to:

Psychologist
Talking therapy that looks at your behaviour, thoughts and feelings.

Psychiatrist
Finding out what is going on, and looking at medication if needed.

Dietitian
Help with food and planning meals.

Questions you may want to ask

- What is the next step from here?
- What is this treatment meant to help with?
- How often will I need appointments?
- When will we check how it is going?
- What should I do if things get worse?
- Who do I contact between appointments if I need help?

Your care preferences

The kind of support I would like

Things I am worried about

Questions I want to ask at my first appointment

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What care can look like

Care can include one or more of these:

- Regular check ups with a doctor
- Talking therapy with a psychologist
- Help with meals from a dietitian
- Medication if recommended
- Peer support alongside professional care

Not all care looks the same. Plans can change over time.

Getting ready for ongoing care

To stay involved in your care, it may help to:

- Know your goals
- Keep track of your eating between sessions
- Write down mood changes
- Write down any physical symptoms
- Write down questions as they come up

If your concerns are not being dealt with

- Ask what something means if you aren't sure
- Ask someone to come with you to the appointment
- Ask for a written summary
- Get a second opinion
- Think about changing to a different provider
- Keep writing down ongoing symptoms

Emergency support
If you are in Australia and experiencing an emergency, call 000.

Mental health crisis support
Lifeline 13 11 14
Beyond Blue 1300 22 4636

Notes:

Date:

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GP consultation script

Appointments are often short. Knowing what you want to say can help you get more from them. This script gives example phrases you can use at a GP appointment.

Basic script

I wanted to talk about my eating and mental health. I have been binge eating and it has been affecting my daily life. Over the past few months I have noticed changes in my eating, mood and stress levels. I am finding it more difficult to manage on my own.

I would like to talk about what support is available and what the next steps might be.

Extra things you can add

How it affects you

- I am always tired and cannot concentrate. It is stopping me from getting on with my day. I need a plan to fix this.
- The way I eat is messing up my sleep and my work. I need help to break this habit before it gets any worse.
- My eating habits are causing me a lot of stress. I want support to make my eating normal again.

If you worry you will not be taken seriously

- I do not want a quick fix. I want to know about the best treatments available and what to do next.
- This is a serious problem for me, not something small. I want a proper talk about my options, not just a short answer. I am ok with needing more than one visit and regular check ins.
- My problem might not look serious right now, but it is really bothering me. I would like you to take it seriously before it becomes a crisis.

Medicine (what you prefer)

This part is optional. These are personal preferences and may not apply to everyone.

- I would prefer to try therapy or changes to my habits first before starting medication, if that is right for me.
- I am open to medication if needed, but I would like to know about other options as well.
- I have had a difficult experience with medication before, so I would like to talk about options that do not use medication and make a plan together.

Getting ready

Write down your main points before the visit. You do not have to explain everything, just what matters most to you today.

Notes:

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