

# Mental Health worries?



## Did you know:

**1**

**You are not wasting a GP's time by making an appointment for your mental health worries**

**2**

**It's OK to look for a GP you can work well with to get the right support for YOU**

**3**

**It's OK to ask for a double appointment if you feel you need more time to speak to the GP**

**4**

**It's OK to take someone with you to your appointment if it helps you to talk to your GP**

**5**

**Medication isn't your only option. Ask your GP what other help is out there in your community**

**6**

**If you're asked to refer yourself to talking therapies, it's OK to ask the GP to make a written referral for you**



**Created by the DeStress Project community partners to help you make the right choices for your mental health support**