

Mental Health worries?

**Choices for
your support**



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



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