

Script to take to GP appointment

I'm here today to talk to you about how I am coping.

I am feeling: (e.g. *overwhelmed, stressed, sad, ashamed, hopeless, angry*)

At the moment, to help myself cope I am:

I have / have not had thoughts about ending my life.

Some of the things I'd like help with include:

Could you please give me some other ideas about what I could do to make myself feel better?

What can you tell me about medication?

What can you tell me about speaking to a counsellor, psychologist or other type of professional?

What services are available around here, a bit further away and on the phone?

Which would you recommend? How much will it cost? Do I need a referral?

What should I expect?