



Making the most of your GP appointment



This worksheet is here to help you prepare for a conversation with your GP about your mental health. It gives you space to record how you've been feeling, the impact it's having on your daily life, and anything you'd like your GP to know.

How have you been feeling?

The following are examples of thoughts, feelings and emotions that some people experience. You can tick any that are relevant to you.

- ☐ Catastrophising ☐ Low or depressed ☐ Anxious or worried ☐ Overwhelmed
☐ Stressed ☐ Panicky ☐ Tearful ☐ Irritable or angry ☐ Emotionally numb
☐ Hopeless ☐ Lonely or isolated ☐ Guilty ☐ Feeling unlike myself

Write below any others you would like to share with your GP:

What have you recently noticed physically?

The following are examples of physical symptoms that can sometimes be linked to mental health. You can tick any that are relevant to you.

- ☐ Changes in sleep ☐ Changes in appetite ☐ Feeling tired or low in energy
☐ Headaches ☐ Racing heart ☐ Muscle tension ☐ Digestive problems ☐ Feeling restless

Write below any others you would like to share with your GP:

What changes have you experienced in your thoughts or behaviours?

The following are examples of changes in thoughts and behaviours that some people experience. You can tick any that are relevant to you.

- ☐ Difficulty concentrating ☐ Finding it hard to make decisions ☐ Avoiding people or places
☐ Losing interest in things I usually enjoy ☐ Withdrawing from others
☐ Finding everyday tasks harder ☐ Using alcohol or drugs more than usual
☐ Changes in eating ☐ Changes in my mood

Write below any others you would like to share with your GP:

What has changed and when?

Use the space below to describe any changes you've noticed in your thoughts, feelings, behaviours or physical symptoms.

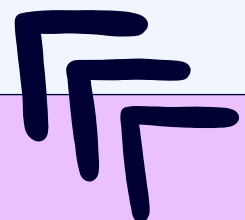
You may find it helpful to include:

- when you first noticed these changes
- any events, situations or changes in your life that may have affected your mental health
- how things have changed over time, including times when things improved or became more difficult
- any support you've tried and whether it helped

How is this affecting your daily life?

Use the space below to describe how your mental health has been affecting you day to day, including any impact on your work, education, family life, relationships, friendships, caring responsibilities, sleep, or everyday tasks.

You may also want to include any patterns or triggers you've noticed, such as particular situations, events or circumstances that seem to affect how you're feeling.



What questions would you like to ask your GP?

It's OK to ask questions during your appointment. If there's anything you don't understand, or you'd like more information, don't be afraid to ask. Write below the questions you would like to ask.

Example questions:

- What support or treatment options are available to me?
- What are the side effects of the medication prescribed?
- How long will the medication take to work?
- Are there sources of support I can access locally?
- What should I do if I feel worse?

Is there anything else you'd like your GP to know?

This could include information that hasn't been covered in the previous sections, such as support you are already receiving, previous experiences with your mental health, or anything about your personal or family history that you think may be helpful.

This worksheet is designed to help you prepare for a conversation with your GP. It's not a diagnostic tool and does not replace professional medical advice. If you are worried about your mental health or need support, speak to your GP or another healthcare professional.

Find out more



mentalhealth-uk.org/talk-to-your-gp