



**Taking the first  
step can feel  
difficult, but  
you don't have  
to take it alone**

**We're here to  
help you talk  
about your  
mental health  
to your GP**

**Visit our website  
to explore tips  
and resources to  
help you prepare  
for and get the  
most out of your  
appointment**

**Find  
support**



**[mentalhealth-uk.org/talk-to-your-gp](https://mentalhealth-uk.org/talk-to-your-gp)**

**Mental  
Health  
UK**