



WELLCOMM'S GUIDE TO:

TALKING TO YOUR GP

ABOUT MENTAL HEALTH

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GP APPLICATION PROCESS

- ★ You need to go to the practice in person
- ★ You'll be given a form to fill out - have address of previous GP
- ★ You'll need proof of current address - accommodation services section in MyEd should be enough
- ★ It might take a few days before you're registered and can make an appointment

Registration at the University Health Centre is open during Welcome Week - you can view information on how to do this online

WHY MIGHT YOU GO TO THE GP?

- ★ Changes in sleeping pattern
- ★ Previously diagnosed conditions
- ★ Trouble dealing with stress that interferes with your everyday life
- ★ Self-harming or self-neglect
- ★ Substance abuse
- ★ Mood changes and isolation

This is not an exhaustive list, if you feel like anything is out of the ordinary you should speak to your GP

WHEN SPEAKING TO YOUR GP

- ★ Be totally honest
- ★ Remember your problem matters - don't compare yourself to others
- ★ Try to recognise changes in feeling over last few weeks or months

PREPARATION

- ★ Write everything down before - it's easy to forget what you need to say in the moment
- ★ How would you like your GP to help you? - follow up appointments, referral, treatment plans
- ★ Bring someone with you - if you're nervous about talking about it they can start the conversation or just be there for moral support (remember, they're allowed in the room with you)
- ★ Expect common questions - quality of sleep, appetite, you and your family's medical history

OUTCOMES

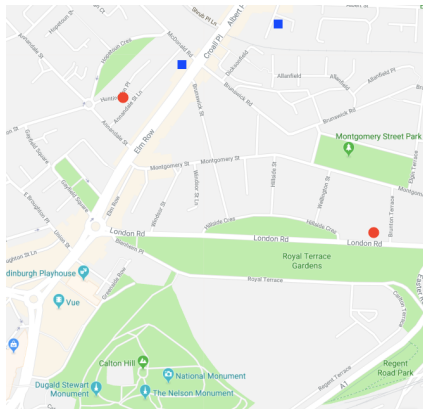
- ★ Monitoring - they may ask you to come in for another appointment to see how you're doing
- ★ Formal assessment - if your GP feels it will help you they may give you a written diagnosis
- ★ Lifestyle changes - your GP may suggest small changes to level of exercise, eating, and sleeping
- ★ Referral - talking therapies and CBT courses are common as well as referral to specialist resources
- ★ Self-Referral - details of a service you can contact yourself, e.g. Penumbra, supervised CBT course
- ★ Treatment plans - long-term plans to increase your general wellbeing, this can include all of the above and more

Key:

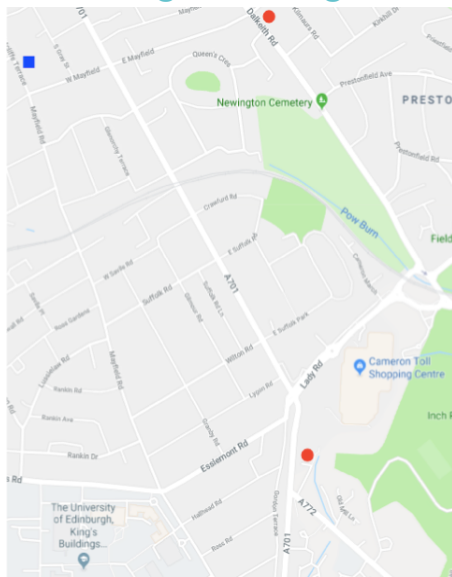
● GP surgery

■ Student Accommodation

Leith



King's Buildings



Central Edinburgh

