What are my options?

Be honest about how you are feeling

Talking about the way you feel might not come easily. Opening up and having a conversation can provide you with understanding and support. Your General Practitioner (GP) is a great place to start. Everyone can feel overwhelmed, worried, angry, guilty, sad or irritable from time to time. However, if you have felt this way over the past few weeks or months and these feelings concern you, talk to your doctor.

Talk to your GP
A GP is a good person to talk to about your mental health. Your GP may:
- make a diagnosis
- discuss your options
- refer you to a mental health professional
- prescribe medication
- talk about actions you can take to look after your mental health.

What should I say?
When you see your GP be as open and honest as possible about what is going on with you. One way to help get the most out of the consultation is to ask questions. Asking questions can help you understand what you are going through and what support is available.

ASK QUESTIONS
Any question is okay to ask your GP but here are four questions that may be especially helpful to ask.

1. Can you help me to understand what is going on?
   Knowing what is happening can be a relief and the first step towards feeling better.

2. What are all of my options?
   Knowing your options can help you to understand the range of actions and treatments that are available so that you can make an informed choice.

3. What are the best options for me?
   Talk through the pros and cons for each option and decide together with your GP. This may include talking about the side effects of medications and costs of different options.

4. When will I feel better?
   Often just having that first conversation with your GP about your mental health can help you to feel better, but it’s important to know when your planned treatment is likely to start working. This will help you to know what to expect and also when to go back to your GP if the treatment isn’t working.

For more information on having conversations with health professionals visit
www.beyondblue.org.au/knowyouroptions
Write down the answers
Can you help me to understand what is going on?

What are all of my options?

What are the best options for me?

When will I feel better?

FINDING THE RIGHT WORDS
Talking to someone about how you’re feeling can make all the difference, but finding the right words can be a challenge.

There is more support available on our website to guide you www.beyondblue.org.au/talkaboutit
Find the right people, find the right words, and let others help you.

Suicide and crisis support
If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000.

Talk it through with us

Where to find more information

beyondblue
www.beyondblue.org.au
Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service. Our trained mental health professionals will listen, provide information and advice, and point you in the right direction so you can seek further support.

1300 22 4636
Email or chat to us online at www.beyondblue.org.au/getsupport

Head to Health
headtohealth.gov.au
Head to Health can help you find free and low-cost, trusted online and phone mental health resources.

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