

# CONNECT THE DOCS

If you had a broken leg you'd get help. If we have a challenge with our mind we need to seek and get that same help.

- It's essential to Connect and confide in two people –
- #1 - Your trusted GP
  - #2 - A confidential mate



## Tips when seeing your GP

### Prepare properly

- Complete worksheet honestly
- Give it your full focus

### Make booking

- Face to face – not tele health
- A double appointment

### Your visit

- Be vulnerable & honest
- Share how you feel, don't rush
- Get a Mental Health Treatment Plan
- Know your next steps before leaving

## What 3 things keep you awake at night?

- 1.
- 2.
- 3.

## How have your thoughts, feelings or behaviours changed?

Thoughts:

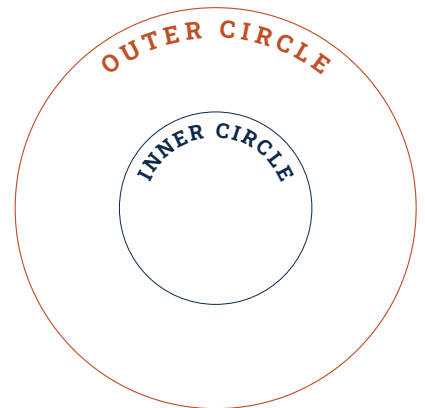
Feelings

Behaviours



## Confide in the right mate

Put names in these circles to select the right mate



### Inner circle

- Those you see weekly
- Are in your regular social circle
- Parents, partner or sibling

### Outer circle

- Lifelong friends
- Not in your current social circle
- Ones you implicitly trust

Select two friends from your Outer Circle

- 1.
- 2.

Meet them face to face, share everything that's troubling you.

Because they'd rather hear your challenges, than hear your Eulogy