

# SEEKING HELP

## Things to think about before visiting the GP

It can be helpful to write your thoughts down before meeting with a healthcare professional. We have provided space below for your thoughts.

What symptoms have you noticed?

What symptoms has your child reported/spoken about?

How long have the symptoms been around for?

How often do the symptoms occur?

Are there any obvious things which make it worse?

How do the symptoms interfere with the child's life (e.g. at school, with friends, at home)?

Are there any particularly concerning behaviours or thoughts (e.g. risky behaviour or suicidal thoughts)?

Is there anything which seems to help?