



Healthy Body
Healthy Mind



Get your health right
See a GP
For a physical health check

Help others see a Mental Health Friendly GP Fact Sheet

Some times just dealing with a mental illness is enough and people need support to attend to their physical health. Getting to the GP can be a challenge, a past bad experience with the health system can erode trust and the impact of mental illness such as low confidence and motivation, disorganisation, paranoia and reduced capacity for self care creates a barrier to seeking help.

It is essential that people have a positive experience, so you need to find a GP you can trust, one that understands the needs of people with mental illness.

What is a Mental Health Friendly GP?

A Doctor who works in general practice and welcomes people with mental illness into their practice and understands their physical and mental health needs.

The important thing is to act now.

FAST Track people to see a Mental Health Friendly GP for a physical Health Check.

1. **F**ind a Mental Health Friendly GP: Contact the Division of Practice located nearest you.
2. **A**ssist the person to make an appointment, see HealthRight Referral Card below
3. **S**upport them, offer to accompany them to the first appointment
4. **T**ransport people to their appointment, if required.

HealthRight Referral Card

The HealthRight Referral Card has been created to assist people to make appointments with GP's and other allied health professionals. For more information contact HealthRight Project Officer Ann Bates
Phone: +61 (08) 9431 3438 **email:** batesa@meddent.uwa.edu.au



Referral Card Front

Get your health right
See a GP
For a physical health check
Act now... make an appointment today.

Date: Time:

Doctor's name:

Practice Address:

Phone Number:

Referral Card Back

Quick Links

WA General Practice Network to find a GP

http://www.adgp.com.au/site/index.cfm?module=DIVISION&state_code=WA

Link to Beyond Blues Find a Doctor: www.beyondblue.org.au/index.aspx?link_id=3.448

Lifeline. Tool kit for carers of people with mental illness:

http://www.lifeline.org.au/_data/assets/pdf_file/0020/7904/Lifeline_Carers_Toolkit_Feb09.pdf

Better Health Channel Help your Friend or family member:

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Mental_illness_family_and_friends?open

Mental Health Resources www.health.wa.gov.au/health_topics/m/mental_health.cfm#adhd