



5. GP Information Pack

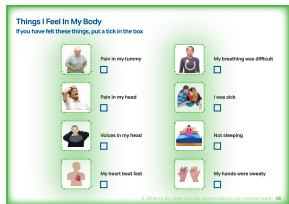
1. _____
2. _____
3. _____

What to take to the GP

Checklist:



1. My Feelings Chart



2. Things I Feel In My Body chart



3. GP Information Pack



4. Someone to support me (if I need them)

GP information



My GP's name



My GP's address



My GP's telephone



Dear Doctor,



I want to talk to you about my mental health.



People with learning disabilities, like me, are more likely to have some problems with how they are feeling (their 'mental health') than other people.



For people with learning disabilities it is said that between 20 to 40% will have a mental health problem.



A lot of the time we find it hard to get help when we are having problems with our mental health. This is because:



- People think we are feeling this way because of our learning disability.



- Parents and people who work with us don't know enough about mental health problems or where to get help from.



- We are not being listened to.



- We are moved from service to service, and no one takes charge of making sure we get help.



- It can be difficult for us to say how we are feeling and what is wrong



It is important for me to be heard if I think there is something wrong with my mental health.



I want my Health Action Plan to include my mental health and wellbeing.



I have not been feeling well. I have filled in some information to tell you how I have been feeling. Please look at these and talk to me about what's been going on.



I have some forms I would like you to help me fill in about what will happen next.



Thank you for reading this and please help me to look after my mental wellbeing.

Yours sincerely



P.S. You can find more information about this diary and guidance written by the Foundation for People with Learning Disabilities from www.fpld.org.uk/mentalhealth.

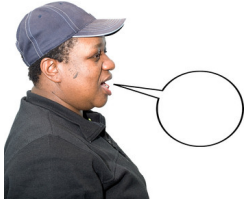


GP Diary

Planning my visit to the GP

Information about me

	Name	
	Date of birth	
	Address	
	Telephone	
	I live with	
	My religion is	
	My ethnic background is	



How I communicate



The languages I speak/understand:



I understand better if you use pictures

YES



NO



I need someone to help me communicate

YES



NO



BIG words

I understand better if people use easy words and explain slowly

YES



NO



I use sign language to help me communicate

YES

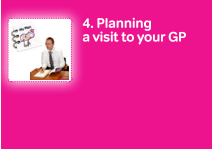


NO





Questions for my GP



See **Part 4** of the Feeling Down guide to give you ideas.





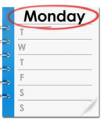
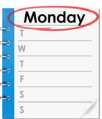




Write any questions you have for your GP in the box below.

Questions



My medicine and tablet list

Medicines or tablets I am already taking	1	2	3
 Name of medicine or tablet			
 How much do I take?			
 How do I take it?			
 When do I take it?			
 Start date			
 End date			
 What is this medicine for?			
 How does this medicine or tablet make me feel?			



Questions for your GP to answer

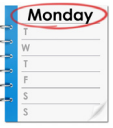



Date:

Referrals	
Do I need to see someone else?	
Who am I going to see and why?	
Medicine	
Are you asking me to take medicines or tablets?	
What medicines or tablets?	
What is it for?	
Are there any side effects?	
Will it make me feel unwell or sick?	
If it does make me unwell should I stop taking the medicines or tablets?	
Is it safe to take this medicine or tablet? (see my medication record)	
Is there easy read information about this medicine that I could have?	



GP visit record

Date:

Next appointment	1	2	3
 Date			
 Time			
 Who will I see?			
 Supporter's name			
Other comments			

Who did we do this work for

Centre for
Mental Health



Realising a better future





This resource was made using Photosymbols.



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**changing
lives**



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