

Talking to your GP

The background of the lower half of the page is decorated with several thick, blue, hand-drawn scribbled lines that form overlapping arches and loops, resembling a stylized infinity symbol or a series of connected curves.

 **mind** Havant and East Hants



Mind Havant and East Hants

Havant and East Hants Mind work to promote good mental health and seek to support and empower people to lead a full life as part of their local community.

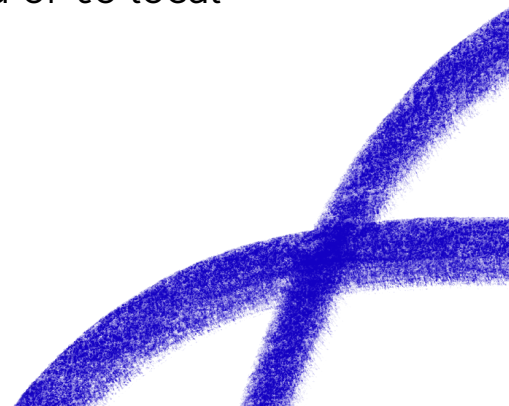
Since 1990 HEH Mind has and continues to offer a range of services and support to individuals and groups across South and East Hampshire, with some of our services, support and projects being Hampshire wide

Our services include:

- Adult wellbeing
- Children and young peoples wellbeing
- Family services
- Training and workplace wellbeing
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across South and East Hampshire, with some projects and service available Hampshire wide.

Importantly we are a separate charity to National Mind. If you choose to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to HEH Mind or to local services.



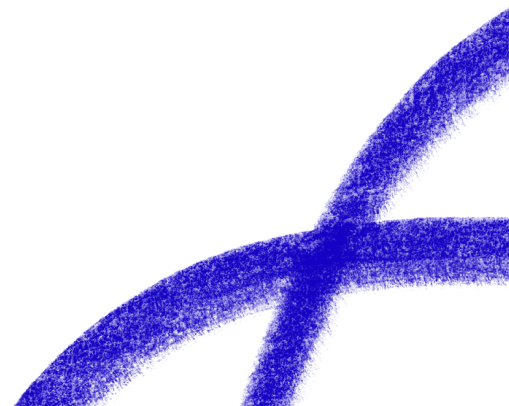
Visiting the GP

For many the local GP practice is the first place to go when feeling unwell. They are there to help with our mental health as well as our physical health. The two are often closely connected, if you are physically unwell it can affect your mental health and vice versa.

You may want to speak to your GP or Practice Nurse if you are:

- Worrying more than usual
- Finding it hard to enjoy life
- Not sleeping
- Finding your mental state is affecting your physical health in any way
- Having thoughts and feelings that are difficult to cope with, and that are having an impact on your day to day life.

It is not always easy having that first conversation about your deepest feelings with your GP, someone you may not know. However, it is always ok to ask for help, even if you are not sure you are experiencing a specific mental health problem or illness.



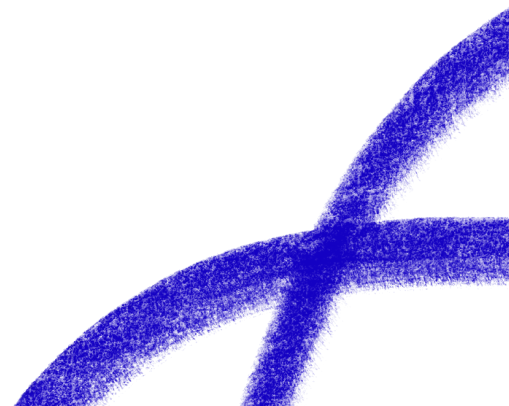
What should I say to my GP?

It can be hard to talk about your mental health, especially when you are not feeling well.

- Be honest and open
- Focus on how you feel, not on whether or not you meet a diagnosis
- Try to explain how you have been feeling over the past few months or weeks, and anything that has changed
- Use words that feel natural to you. You do not have to say specific thing to get help
- Try not to worry that your problem is too small or unimportant. Everyone deserves help and your GP or Practice Nurse is there to support you.

Talking to your GP or Practice Nurse about your mental health at an early stage can help you to stay well.

They can:

- Offer you support and treatments
 - Make a diagnosis
 - Refer you to a specialist service
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Different types of depression

If you are given a diagnosis of depression, you might be told that you have mild, moderate or severe depression. This describes what sort of impact your symptoms are having on you currently, and what sort of treatment you are likely to be offered. You might move between mild, moderate and severe depression during one episode of depression or across different episodes.

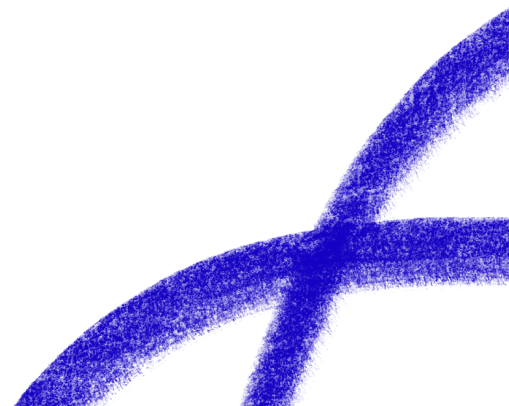
There are also some specific types of depression:

Seasonal affective disorder (SAD) – depression that occurs at a particular time of year, or during a particular season.

Dysthymia – continuous mild depression that lasts for two years or more. Also called persistent depressive disorder or chronic depression.

Prenatal depression – depression that occurs during pregnancy. This is sometimes also called antenatal depression.

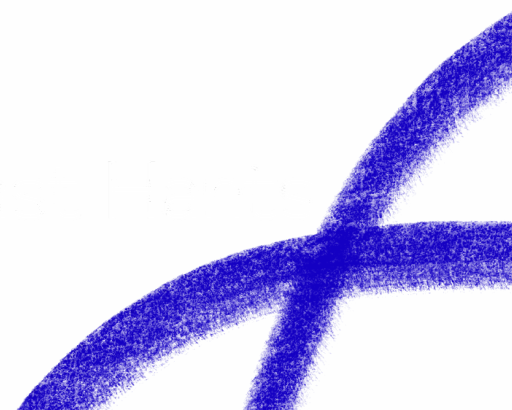
Postnatal depression (PND) – depression that occurs in the weeks and months after becoming a parent.



How can I prepare?

Appointments with a GP or Practice Nurse are often very short. Being prepared can help you make the most of that time and potentially lessen any nervousness you may have.

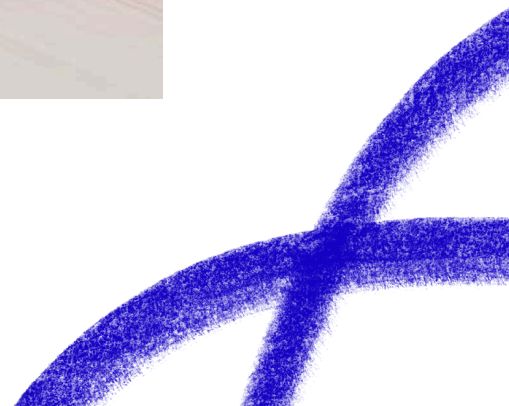
- Write down what you want to say in advance, and take your notes with you
- Give yourself enough time to get to your appointment, so that you don't feel rushed
- Think about taking someone with you to support you; like a family member or close friend
- Highlight or print out any information you have found that helps you explain how you are feeling
- If you have a few things to talk about, you can ask for a longer appointment (you will need to do this when you are booking your appointment)



Write things down

Writing down responses to these questions and discussing them with your GP might help you express how you are feeling.

- How have you been feeling lately?
- Has anything happened or changed in your life recently?
- Are you eating normally?
- How are you sleeping?
- If there is anything else you would like to mention, or you would like more room add another piece of paper or consider using a journal/ notebook.



Want to know more?

Contact our Adult Wellbeing Team by calling
023 92498916

Contact our Young People's Lighthouse Team by calling
023 82350161

To find out about other services, workplace support,
fundraising and events please visit our website or social
media channels.



Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG

www.easthantsmind.org
Charity No: 116301

Scan to visit our website

