

## How to complete this form

**Why?** The more information you provide the doctor with, the better placed he or she will be to help you. Completing the form in advance of your appointment also reduces the chances that you'll forget something important.

**When?** This isn't a job to rush so take your time, and aim to complete this form a few days before your appointment to allow you to add or change anything right before you go to the surgery.

**How?** Write down your thoughts in response to each question and remember to take it with you to your GP appointment.

1	<p>How are you feeling?</p> <p>(For example, anxious, depressed, irritable, physically and/or mentally exhausted, guilty or unable to focus.)</p>	
2	<p>How long have you felt this way?</p> <p>(Weeks, months or longer?)</p>	
3	<p>Is there a certain time of day when you feel worse?</p> <p>(For example, upon waking, at bedtime, in the afternoon, or you are not sure.)</p>	
4	<p>Can you think of anything that may have contributed to your current state of distress?</p> <p>(For example, a bereavement, family issues, redundancy, money problems, a relationship problem, or something else.)</p>	

5	<p>How is your day-to-day life being affected?</p> <p>(For example, poor sleep, problems eating, smoking or drinking more, difficulties at work, a lack of interest in daily activities, or something else.)</p>	
6	<p>Have you ever been diagnosed with a mental health condition? If so, what was your diagnosis and when was it made?</p>	
7	<p>Are you currently taking any medication, including any non-prescription medication such as herbal remedies, vitamins, or pain relievers?</p> <p>(Please include all, not just those related to your mental health.)</p>	
8	<p>To your knowledge, does anyone in your family suffer currently, or have they in the past, with a mental health condition that you know of?</p>	
<p><b>Any additional information</b></p>		

Once you have completed this form consider taking two copies with you to your appointment – one for your GP to review and the other to remind you of your responses. The information will not be shared with anyone outside of you and your GP, and you have the right to request that your GP returns the form to you before you leave your appointment.