



Stepping into
your GP Mental
Health Care
Plan consult
ready!

— *Let's jump in...* —

MENTAL HEALTH CARE PLAN preparation resource



**LET'S TALK TIPS ON HOW TO
APPROACH THAT GP
MENTAL HEALTH CONSULT...
SO YOU WALK IN
CONFIDENT AND DON'T
FEEL LIKE A BUNNY IN THE
HEADLIGHTS**



It's hard to talk about mental health, far harder than describing a headache or a sore knee. There's a big grey cloud that just hangs around, a messed-up belief system in which you take on personal responsibility and even shame for experiencing symptoms. You shouldn't. Mental illness is real, with a real impact on quality of life. Reaching out is the smartest step forward. As GPs there is so much we can do, empower you through practical lifestyle change, help build resilience and skills through referral to evidence-based psychology services and, when appropriate, discuss medication options.

It's normal to feel overwhelmed, the first step is often the hardest. At TheCloudGP we want to help, so you don't feel like a bunny in the headlights. Feeling somewhat in control when everything else seems out of control can help build confidence. Our MHCP Preparation Resource walks you through common questions you may be asked. Fill it in at home, over a cuppa, in a relaxed environment where you can be reflective, open and honest. It'll hopefully give your GP a bit of extra time to connect and understand your unique situation and needs. We look forward to working alongside Australian general practice to breakdown the stigma of mental illness, helping people get back on track and live life as the best version of themselves.



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Follow Up

The key to managing your mental health is to stay ahead; proactive healthcare is far more valuable than reactive healthcare. Forward planning ensures the availability of your wonderful GP, an opportunity to check in and a chance to complete the necessary Medicare paperwork to allow ongoing access to psychological service rebates. Of course, you can always pop in earlier if ever the need were to arise, but for now, plan ahead.

Suggested follow-up: _____ (GP to fill)

_____ days / weeks / months

Single / Double appointment

With Dr _____

Reception

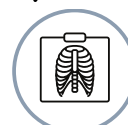
(GP to fill)

- ☐ Please provide the patient with the required paperwork to facilitate transfer of medical records to our clinic, including previous MHCPs
- ☐ Please review when the patient is next eligible for a MHCP/MHCP Review

Reminders



Pathology

☐


Imaging

☐


Other

☐

Symptom Snapshot

In the past 4 weeks have you experienced increased levels of....

	NO	YES
Low mood – feeling sad or depressed	<input type="checkbox"/>	<input type="checkbox"/>
Diminished interest or loss of pleasure in activities	<input type="checkbox"/>	<input type="checkbox"/>
Feelings of worthlessness	<input type="checkbox"/>	<input type="checkbox"/>
Reduced concentration	<input type="checkbox"/>	<input type="checkbox"/>
Sleep difficulties	<input type="checkbox"/>	<input type="checkbox"/>
Loss of energy/fatigue	<input type="checkbox"/>	<input type="checkbox"/>
Appetite change - increased or reduced	<input type="checkbox"/>	<input type="checkbox"/>
Excessive worry	<input type="checkbox"/>	<input type="checkbox"/>
Feelings of uncontrolled emotional distress	<input type="checkbox"/>	<input type="checkbox"/>
Agitation/fidgetiness	<input type="checkbox"/>	<input type="checkbox"/>
Physical symptoms e.g. churning tummy, rapid heartbeat, dry mouth	<input type="checkbox"/>	<input type="checkbox"/>

Differential Screen

In the past 4 weeks....

	NO	YES
Have you felt abnormally upbeat, full of energy with a heightened sense of excitement?	<input type="checkbox"/>	<input type="checkbox"/>
Do thoughts about food or your body weight dominate your life and day-to-day thinking?	<input type="checkbox"/>	<input type="checkbox"/>
Have you heard or seen things that others haven't?	<input type="checkbox"/>	<input type="checkbox"/>
Have friends or family commented that you tend to have an ongoing preoccupation with certain ideas or topics?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced weight change, either loss or gain?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced abnormal bowel motions, constipation or diarrhoea?	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume a vegan or vegetarian diet?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced night sweats or fevers?	<input type="checkbox"/>	<input type="checkbox"/>
Have you passed blood in your bowel motions?	<input type="checkbox"/>	<input type="checkbox"/>
Have you travelled recently?	<input type="checkbox"/>	<input type="checkbox"/>
Have you recently commenced any new medications?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take any complementary or alternative medications?	<input type="checkbox"/>	<input type="checkbox"/>
If applicable do you experience heavy periods?	<input type="checkbox"/>	<input type="checkbox"/>

Lifestyle

We don't have to deal with everything at once, but your lifestyle does have a direct impact upon your mental health so it's important we stay across it.

NO YES

Would you like support in maintaining a healthy diet?

☐
☐

Would you like help improving your exercise regime?

☐
☐

Would you like information on healthy sleep habits?

☐
☐

Do you smoke cigarettes?

☐
☐

Do you think you drink excessive amounts of alcohol?

☐
☐

Do you use illicit substances?

☐
☐

Do you struggle with addiction?
e.g. substance/gambling/gaming/social media

☐
☐

Contributing Factors

Jot down important life events or circumstances you think have impacted your mental health

* Module 2 of the program if completed

Personal Goals

Note a few realistic and actionable mental health goals you'd like to achieve in the next 3-6 months?

* Module 5 of the program if completed

Support Contact

Who's a go-to person you'd be happy for your GP to contact if they were concerned about your mental well-being?

Name

Relationship Contact number

* if completed attach TheCloudGP Suicide Safety Plan (Module 9)

K10

Just because we haven't asked you enough questions, we thought we'd add in a fun questionnaire...we're joking, it's a tick-box requirement of any MHCP. This lovely one is the Kessler Psychological Distress Scale (K10), used as a measure of psychological distress and progress following the treatment of common mental health conditions.

It's normal to feel a little confronted reviewing the current state of affairs, it's an unpleasant situation to find yourself in. However, it is important to establish a baseline. Remember, you have taken the proactive step to change the status quo, that's a good thing. These questions do not define you. The scores don't reflect the hardships you've experienced, your resilience, or your ability to affect change. Screening questionnaires are simply a tool to help inform your clinician of the big picture. What's important, is that with time, professional guidance and a bit of effort, we see things start to improve. Hang in there.

	In the past 4 weeks about how often...	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1.	Did you feel tired for no good reason?	1	2	3	4	5
2.	Did you feel nervous?	1	2	3	4	5
3.	Did you feel so nervous that nothing could calm you down?	1	2	3	4	5
4.	Did you feel hopeless?	1	2	3	4	5
5.	Did you feel restless or fidgety?	1	2	3	4	5
6.	Did you feel so restless you could not sit still?	1	2	3	4	5
7.	Did you feel depressed?	1	2	3	4	5
8.	Did you feel that everything was an effort?	1	2	3	4	5
9.	Did you feel so sad that nothing could cheer you up?	1	2	3	4	5
10.	Did you feel worthless?	1	2	3	4	5

TOTAL SCORE out of 50 _____

Referral

Deciding who to see for psychological support can be tricky. You can of course leave that decision to your GP. They'll most likely have a list of well-regarded local clinicians they often refer to. However, they may not be aware of wait times or cost as these are practitioner dependent.

The other option is to nominate someone yourself. It may be as simple as a recommendation from a friend. A little research is a good idea, it can streamline the process and ensure your individual expectations and needs are met.

Here are some questions worth considering.

- *What is the wait time and is the practitioner taking on new patients?*
- *What is the out-of-pocket cost after the MHCP Medicare rebate?*
- *Does the person work after-hours or on weekends if that's important to you?*
- *Is the practice close to home or work with parking or public transport access making it convenient?*
- *Are telehealth or video consult services available?*
- *Does the clinician have a special interest that connects with your individual needs? e.g. perinatal and post-natal mental health, work related burnout, grief etc.*

Do some research and below, jot down the details of someone you might like to be referred to. (Name of Clinician, Practice Name, Address, Phone, Fax) Your GP can then provide advice on whether that clinician may be a good fit for your needs based on the information you provide during consult.



WHAT CAN YOU DO BETWEEN ORGANISING YOUR MHCP AND THE WAIT TO SEE A PSYCHOLOGY PROVIDER?

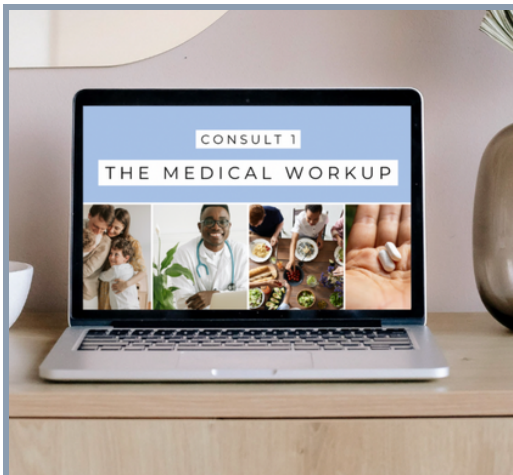




First Steps to Overcoming Depression and Anxiety

Head to www.thecloudgp.com.au

CONSULT ONE THE MEDICAL WORKUP



Here's what you'll learn

- The difference between a rough time and Depression and Anxiety so you know when to seek help.
- How to overcome the guilt, blame and overwhelm so you can confidently engage in psychology treatment
- Practical lifestyle improvements through diet, exercise, and sleep hygiene to help you boost energy and feel better
- The role of antidepressant medication in treatment; the pros, the cons, and common myths... so you feel safe knowing you have options.

CONSULT TWO BUILD YOUR SKILLS



Here's what you'll learn

- **Problem Solving Therapy**: psychology to help tackle specific conundrums with logic and clear process so you ditch the overwhelm and gain clarity
- **Cognitive Behavioural Therapy**: how to identify and challenge unhelpful thought patterns allowing you to overcome self-doubt and build confidence
- **Mindfulness**: practical exercises to help ground you in the present moment so you can stop the negative spiralling and 'what if' thoughts that keep you up at night.

CONSULT THREE SUPPORT & SUICIDE SAFETY



Here's what you'll learn

- How to build social connection and your sense of community at work and home, so you don't feel alone
- Education and tips for family and friends, encouraging non-judgemental practical mental health support
- Suicide safety through development of a clear and concise action plan. Peace of mind for yourself and loved ones that you have a plan if you were to ever experience thoughts of ending your life



First Steps to Overcoming Depression and Anxiety

ENROL NOW

Hi there,

So, you're thinking of reaching out for mental health support...

Woohoo! I'm here cheering you on!



Why? Because I get it. I know this is exhausting, and I know how hard you've tried to fix this yourself. I might be biased, but helping my patients get back to **living their best life ever** is the most rewarding part of medicine and being a GP.

If you'd like me to guide you, help you build a strong foundation for long-term mental wellness (like I have for so many of my patients), then jump on our website and sign up to **First Steps to Overcoming Depression and Anxiety**. You don't need a referral or a diagnosis; we are here to simply give you the head start you deserve. We're here to make it easy: **self-directed, online, from the comfort of your living room, and done in a few days**. How easy is that?!



Practical



Evidence-based



Achievable

The key to getting you better is keeping you informed and engaged; that's how we stop the self-doubt and overwhelm from creeping back. The catch? **You have to take action now**; twiddling thumbs never solved life's problems.

I look forward to being a part of this big step you're taking to improve your relationship with your partner, increase productivity at work, be the better parent, and the fun friend who **feels happy and ready to enjoy life...** because that's what it is all about. You can do this, I'm here to guide you through it.

Dr Shiromi

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To get started, visit our website at www.thecloudgp.com.au