

**Do you need to make
another appointment
with a General
Practitioner (GP)
about your mental
health concerns?**

This checklist is designed to help you to decide if you need to book another appointment with a GP about your mental health concerns after your appointment. This can be hours, days, weeks, months or years, after the first appointment depending on your situation.

If you need urgent help or life is in danger dial 000.

This isn't a crisis guide. If you're in crisis please contact

Crisis Support

- [Lifeline](#) — **13 11 14**
National free crisis counselling service. Available 24 hours a day.

- [Beyond Blue](#) — **1300 224 636**
National free mental health counselling service. Available 24 hours a day.

- [1800 RESPECT](#) — **1800 737 732**
National sexual assault, domestic and family violence counselling service. Available 24 hours a day.

Do you need to book another appointment with a GP about your mental health concerns?

Question	Yes	No
● Do you have any new symptoms?		
● Are you feeling unwell?		
● Do you need a prescription for medication?		
● Are there any problems with the treatment?		
● Do you have a question about treatment?		
● Is there another reason?		

Note: If there is another reason but you're unsure about booking an appointment with a GP you can call the medical clinic to ask for advice or call the healthdirect hotline on 1800 022 222 to speak to a registered nurse. The hotline is available 24 hours a day.

If you answered **yes** to one or more of these questions, book an appointment with a GP.
If you answered **no** to all of these questions, you don't need to book an appointment with a GP now.

You can come back and do this checklist whenever you want to decide if you need to book an appointment with a GP.

If you've decided to book an appointment with a GP read the [examples of what to say when booking an appointment with a GP by phone](#).

There's a list of websites and resources in the [resources](#) section with more information about autism, mental health and helplines.

See other sections of this guide or download the complete guide [here](#).