

Preparing for my first visit to a Mental Health and Wellbeing Local

WHAT I WANT TO SAY



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On arrival at a MHWL, you will be asked by a mental health worker 'How can I help you?' or 'What has brought you here today?'

Before your first visit, it is a good idea to think about how you will answer the question. You can write this down below.

I am here to get help with:

1

2

3

If you find this question tricky or difficult to answer, the next section is a worksheet with questions to help you work through your thoughts.

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

**For 24/7 crisis support
call Lifeline on 13 11 14.**

WORKSHEETS

Writing down your symptoms or issues will help you when speaking to a staff member at the MHWL. You can decide what information you want to share and what you don't want to share. There is also the option to remain anonymous.

You may be asked questions about your **current** and **past** symptoms. This worksheet will help you reflect on your mental health experiences.

You don't have to answer all these questions. It's rather a way to organise your thoughts and think about what you would like to discuss at MHWL.



Changes

You may be asked if any **big changes** have happened in your life recently. This means things that are big or important to you. For example, someone close to you becoming sick or dying, moving to a new house, your pet getting sick or losing your job. There may be other changes that are big or important to you. Write down the changes below.



Mental Health

What are your **current** mental health symptoms?

If you don't know, have you noticed any changes in your mood or have other people commented on your mood, do you have trouble sleeping, or difficulty focusing?

Have you been **diagnosed** with a mental health condition in the past? Write down any of the details you remember about the diagnosis and when it was.

What mental health services, treatments and supports have you used in the **past (if any)**?



Health

Have you been unwell or sick recently?

This could be an illness, or an injury.

Have you been **diagnosed** with a chronic health condition? If yes, write down any details that you remember about the diagnosis and when it was. List any medications you take for this condition/s.

A chronic health condition typically lasts longer than 12 months and needs ongoing management. Examples include arthritis, asthma, diabetes and endometriosis.

What health services, treatments and supports have you used in the **past**?

This includes doctors, or allied health professionals you may see such as a psychologist, or physiotherapist. List any types of treatments, like medications or therapies that worked in the past. This could include lifestyle support, such as exercise and diet.



Lifestyle

Have you noticed or someone close to you noticed any changes in your **diet**?

Have you noticed or someone close to you noticed any changes in your **sleep**?

Have you noticed or someone close to you noticed any changes in your consumption of **alcohol and/or other drugs**?

This could include using medications for their non-prescribed use or non-medical use.

This checklist is designed to help you reflect on various aspects of your life. It serves as a prompt for you to consider potential changes - both **positive** and **negative**. Space is provided for your notes, which will assist you in organising your thoughts for your visit to the MHWL.

	Positive Change	No Change	Negative Change	Comments
<div></div> <div>Family</div>				
<div></div> <div>Friends</div>				
<div></div> <div>Partner/s</div>				
<div></div> <div>Housing</div>				
<div></div> <div>Work</div>				
<div></div> <div>Study</div>				

	Positive Change	No Change	Negative Change	Comments
 Hobbies				
 Exercise				
 Self-care				
 Stimming				
 Sensory Sensitivity				
 Sensory Seeking				
 Fatigue or sleep				

	Positive Change	No Change	Negative Change	Comments
<i>You can add your own here</i>				

Amaze Inc.

678 Victoria Street,
Richmond VIC 3121

Phone: 03 9657 1600

Email: info@amaze.org.au

www.amaze.org.au

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