THE MEN'S WAYPOINT

Prepare for a GP Conversation

A practical worksheet for explaining what has changed, how it is affecting you and what help you want.

Need help now? If you or someone else is in immediate danger, call Triple Zero (000) or go to the nearest hospital emergency department. For urgent emotional support, use The Men's Waypoint Need Help Now page. Lifeline is available 24/7 on 13 11 14.

Before the appointment

- Ask for a longer appointment when booking, if one is available.
- Ask reception about the fee, bulk billing and the likely Medicare rebate. Fees differ between clinics.
- Bring a list of medicines, vitamins and supplements, including any recent changes.
- Take this worksheet, or just the parts you want to discuss.
- Consider taking a trusted person for support if that would help.

You control how much you share. You can say that something painful or private is affecting you without describing it in detail. Your GP may need to ask questions to understand risk and decide what care is appropriate.

Appointment details

GP or clinic: _____ **Date:** _____

Appointment type: ☐ **In person** ☐ **Phone** ☐ **Video** ☐ **Not sure**

Support person, if any: _____

A simple way to begin

'I haven't felt like myself. I have noticed some changes that are affecting daily life, and I would like help working out what to do next.'

My own opening words

1. What has changed?

Focus on what is different from usual. You do not need to name a condition.

Choose any that fit	More options
☐ Feelings or reactions	☐ Thoughts, focus or memory
☐ Sleep, energy or appetite	☐ Physical sensations or pain
☐ Behaviour or ways of coping	☐ Relationships or connection
☐ Work, study or daily tasks	☐ Safety or risk

The changes that concern me most

Timing and pattern

I first noticed this around: _____

It happens: ☐ Some days ☐ Most days ☐ In waves ☐ Constantly ☐ Not sure

It is: ☐ Improving ☐ About the same ☐ Getting harder ☐ Changing ☐ Not sure

Times, situations or reminders that seem connected

How it is affecting daily life

2. Health, medicines and context

A GP may ask about these areas because mental and physical health can affect each other.

Physical health conditions, pain, injuries or new body symptoms

Medicines, vitamins and supplements — include dose if known and any recent changes

Do not stop or change a prescribed medicine without speaking with the prescriber or another qualified health professional. If you think a medicine is causing an urgent reaction, seek urgent medical advice.

Choose any that fit	More options
☐ Sleep has changed	☐ Appetite or weight has changed
☐ I am using more alcohol	☐ I am using other drugs or non-prescribed medicines
☐ Gambling, gaming, spending or another behaviour concerns me	☐ There has been a major life change or ongoing pressure

Anything else that may be relevant

You can write 'past experiences', 'family situation', 'work pressure' or another general phrase. Details are optional.

Current support

People, professionals, services or strategies already helping

3. Safety and what I need

Your GP may ask direct questions about safety. Honest answers help them work out what support is needed. You can use this space if it makes the conversation easier.

Safety concerns I want the GP to know about

Examples may include thoughts of suicide or self-harm, feeling unable to stay safe, aggression or violence, being harmed by someone, an overdose, or risky behaviour.

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What I want help with

Choose any that fit	More options
☐ Understanding what may be contributing	☐ Checking physical health or medicines
☐ Ways to manage what is happening now	☐ Talking about treatment options
☐ A referral to another professional	☐ A mental health treatment plan, if appropriate
☐ Support with alcohol, other drugs or another coping behaviour	☐ A plan for what to do if things get worse

My main priority for this appointment

Preferences or practical needs

Choose any that fit	More options
☐ A male practitioner	☐ An Aboriginal or Torres Strait Islander service
☐ LGBTIQ+ affirming support	☐ Culturally responsive support
☐ An interpreter	☐ Telehealth
☐ Low-cost or bulk-billed options	☐ After-hours support

Anything else that would help me feel safe or understood

4. Questions I may want to ask

Choose the questions that matter to you. You do not need to ask them all.

Choose any that fit
☐ Could physical health, sleep, medicines or substance use be contributing?
☐ What are the options, and what are the likely benefits and risks?
☐ Would a mental health treatment plan be appropriate for me?
☐ Should I see another health or mental-health professional?
☐ What will it cost, and what may Medicare cover?
☐ What wait times should I expect?
☐ What can I do while I am waiting for further support?
☐ What should I do if things become worse or urgent?
☐ When should we review how I am going?
☐ Is there anything you want me to track or bring next time?

My other questions

Notes during the appointment

5. My next steps

What the GP and I agreed

Referral or service to contact

Who will make contact? ☐ **Me** ☐ **GP or clinic** ☐ **Someone else** ☐ **Not decided**

Medicine or health instructions — write exactly what the GP says

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What I will do if I feel worse or need urgent help

Follow-up appointment: _____ Date/time: _____

One step I will take first: _____

A person who can help me follow through: _____

A mental-health conversation or assessment may take more than one GP visit. A mental health treatment plan is not automatic; your GP will assess whether it is appropriate. Ask the clinic and any referred professional about fees and Medicare rebates before appointments.

This worksheet helps you prepare and remember. It does not diagnose, recommend treatment or replace medical advice. Do not change medicines based on this worksheet.

Content basis checked against Healthdirect Australia and Services Australia guidance on 18 July 2026. Version 1.1 safe-launch scope: preparation support only; no risk assessment or crisis response.