

How to help others?

- Just listen
- Provide welcoming and non judgemental environments
- Check in on friends and colleagues
- Inform peers and colleagues about information, campaigns and services
- Don't feel like you have to have all the answers



 **Mind** Havant and East Hants

Contact us

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 **Mind** Havant and East Hants

Talking to your GP

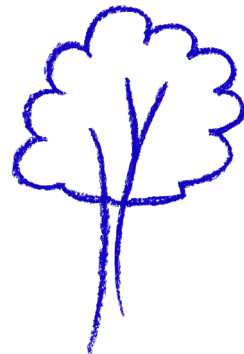


At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community. Our services include

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Training and workplace wellbeing
- Advocacy
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across the Havant Borough and East Hampshire District, with some projects and service available across Hampshire.

Importantly we are a separate charity to National Mind. When you choose who to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to us/ local services.



Write things down

Writing down responses to these questions and discussing them with your GP might help you express how you are feeling.

- How have you been feeling lately?
- Has anything happened or changed in your life recently?
- Are you eating normally?
- How are you sleeping?

If there is anything else you would like to mention, or you would like more room add another piece of paper or consider using a journal/ notebook.



How can I prepare?

Appointments with a GP or Practice Nurse are often very short. Being prepared can help you make the most of that time and potentially lessen any nervousness you may have.

- Write down what you want to say in advance, and take your notes with you
- Give yourself enough time to get to your appointment, so that you don't feel rushed
- Think about taking someone with you to support you; like a family member or close friend
- Highlight or print out any information you have found that helps you explain how you are feeling
- If you have a few things to talk about, you can ask for a longer appointment (you will need to do this when you are booking your appointment)



Visiting the GP

For many the local GP practice is the first place to go when feeling unwell. They are there to help with our mental health as well as our physical health. The two are often closely connected, if you are physically unwell it can affect your mental health and vice versa.

You may want to speak to your GP or Practice Nurse if you are:

- Worrying more than usual
- Finding it hard to enjoy life
- Not sleeping
- Finding your mental state is affecting your physical health in any way
- Having thoughts and feelings that are difficult to cope with, and that are having an impact on your day to day life.



It is not always easy having that first conversation about your deepest feelings with your GP, someone you may not know. However, it is always ok to ask for help, even if you are not sure you are experiencing a specific mental health problem or illness.

What should I say to my GP?

It can be hard to talk about your mental health, especially when you are not feeling well.

- Be honest and open
- Focus on how you feel, not on whether or not you meet a diagnosis
- Try to explain how you have been feeling over the past few months or weeks, and anything that has changed
- Use words that feel natural to you. You do not have to say specific thing to get help
- Try not to worry that your problem is too small or unimportant. Everyone deserves help and your GP or Practice Nurse is there to support you.

Talking to your GP or Practice Nurse about your mental health at an early stage can help you to stay well. They can:

- Offer you support and treatments
- Make a diagnosis
- Refer you to a specialist service

Different types of depression

If you are given a diagnosis of depression, you might be told that you have mild, moderate or severe depression. This describes what sort of impact your symptoms are having on you currently, and what sort of treatment you are likely to be offered. You might move between mild, moderate and severe depression during one episode of depression or across different episodes.

There are also some specific types of depression:

Seasonal affective disorder (SAD) – depression that occurs at a particular time of year, or during a particular season.

Dysthymia – continuous mild depression that lasts for two years or more. Also called persistent depressive disorder or chronic depression.

Prenatal depression – depression that occurs during pregnancy. This is sometimes also called antenatal depression.

Postnatal depression (PND) – depression that occurs in the weeks and months after becoming a parent. Postnatal depression is

