



CONNECT:

Visit GP + confide in right mate



VISIT GP



CONFIDE IN RIGHT MATE

TIPS

- Book double appointment - face-to-face
- Prepare - fill out + bring this form
- Be honest
- Discuss next steps

WHAT WORRIES OR KEEPS YOU AWAKE?	RECENT CHANGES TO YOU:

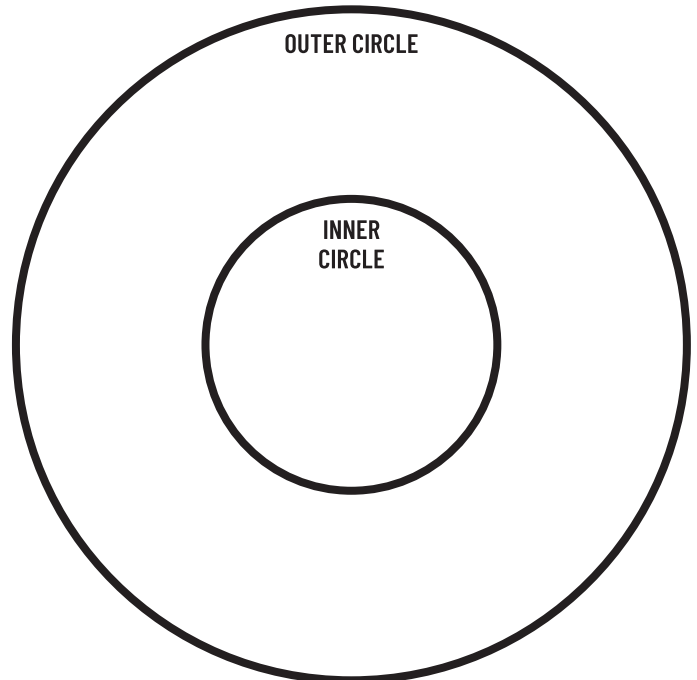
TIPS

- Someone who will keep it confidential
- Meet face-to-face + share everything
- Choose from your **outer circle**
- Use this exercise to help

INSTRUCTIONS:

Outer Circle - lifelong friends, long distance mates, not in regular circle

Inner Circle - people you see weekly, parents, partner, siblings, in your regular circle



YOUR MATE:

