

## Start the Conversation

### *Talking to Your Family Doctor About Mental Health and Well-being*

Talking to your family doctor about your mental health can be tough. Use this form as a way to get the conversation started. Just print it out and complete it prior to your appointment with your family doctor. Take it to the appointment and use it to talk about how you're feeling.

**I'm experiencing physical symptoms.**

Describe physical problems you may be having, such as trouble sleeping, losing or gaining weight, feeling tired or lacking energy, having unexplained aches and pains, etc.

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**I'm experiencing emotional symptoms.**

Describe emotional problems you may be having, such as long-lasting periods of sadness, hopelessness, guilt, or anger, or loss of interest in things you used to enjoy.

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**I'm experiencing mental symptoms.**

Describe mental issues you are having, such as trouble remembering, concentrating, or making decisions. Also describe if you are having any delusions, hallucinations, or thoughts of harming yourself or others.

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**I'm experiencing behavioral symptoms.**

Describe changes in your behavior, such as withdrawing from people, missing work or commitments, abusing alcohol or drugs, or harming yourself in any way.

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# #MentalHealthMatters

**I've had recent changes in my life.**

Describe any recent events or situations that have caused stress in your life. This could include moving, a job change, getting married, divorce, or having a baby.

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**I've had traumatic events in my past.**

Describe any events in your past that continue to bother you today, such as a bad car accident, an assault, or the death of a loved one.

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**I have other physical or mental conditions.**

Describe any conditions you currently have or are being treated for, such as heart disease, diabetes, cancer, depression, or anxiety.

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**I am currently taking the following medicines (including over-the-counter medicines and herbal supplements):**

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**I have the following questions:**

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