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**GP appointment planner**

Use this form to prepare for GP or other health appointments

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| **Where is the appointment?** | **Time and date of the appointment**  |
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| **Who is the appointment with?** | **Other people present**  |
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| **What is the appointment about?** |
| i.e. asking for mental health supportUsually, your GP will only be able to speak to you about one issue at a time, you may need to make further appointments to discuss other issues.  |
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| **What do I want to say?** |
| i.e. write down the issues you have been experiencing recently  |
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| **What do I want to happen?** |
| i.e. be referred for autism specific counselling Sometimes your GP will ask you what you would like to happen, if this isn’t possible, they should explain why not and what the other options are  |
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| **What do I NOT want to happen?** |
| i.e. being referred again to a social prescriber  |
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| **NOTES FROM THE APPOINTMENT** |
| Space to write down notes during the appointment. If you have someone with you, you could ask them to take notes. You can also ask for a summary from your GP, but they may not be as detailed or accurate  |
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