

HOW TO GET YOUR CHILD IN SOONER TO SEE YOUR GP

There are a few things you can do to help get your child in sooner to see your GP.

1) **Ensure that you're on the cancellation waitlist;** if someone cancels you may get a last-minute spot. You'll need to let the office know that you can make an appointment at any time and let them know how long it will take for you to get there.

- If you work full-time and you're unable to make last-minute appointments, this may not be your best option.

2) **When you call to book the appointment,** let them know that it is a mental health appointment for your child. Express your concerns for your child and let them know that you need to get in as soon as possible. Oftentimes, the words "I need to see the doctor for my child immediately" help move things along. There is urgency in those words and most offices truly want to help you and your child.

3) If your appointment is too far in the future, keep the appointment, **get on the waitlist** and in time-sensitive situations, don't hesitate to take your child to the Emergency Room. Most ERs have a mental health professional working who can help your child and provide you with some guidance, support and a way forward that very day. It is best that ER visits only be used when your child is in crisis.