

## QUESTIONS TO ASK YOUR GENERAL PRACTITIONER (GP)

Having clear goals in your mind about what you hope to accomplish after meeting with your GP is important to ensure you get the answers you're seeking and a plan forward with your child.

*Here are a few questions we suggest you go prepared with:*

- 1) Are you able to recommend an assessment that we can complete to highlight symptoms my child is experiencing?
- 2) Can you send this assessment to the school for my child's file?
- 3) Can you speak with/fax information to the school counsellor to keep them in the loop about the treatment plan?
- 4) What are the pros and cons of medication?
- 5) What else can we try other than medication to help support my child?
- 6) What are some things I can do at home to support my child?
- 7) What are the most evidence-based treatments for helping with this mental health problem? (example, CBT for anxiety)
- 8) Are there any common co-morbid conditions that I should be aware of that my child may develop? (example, ADHD often has a combined diagnosis with anxiety and depression)
- 9) Can you refer us to a paediatric psychiatrist? How long will it take to get in to see the psychiatrist?
- 10) What can and should we be doing while on the waitlist to speak with the psychiatrist?