



Seeing Your GP

Through your general practitioner (GP), you can be referred to allied mental health services under the Better Mental Health Care Initiative. If you are talking with the GP regarding the needs of a child in your care, here is a guide to the type of information your GP may find useful in determining eligibility for services under the program. It is best to inform your GP in advance that you would like a longer appointment, to ensure you have enough time available to discuss your needs.

This guide does not replace any questionnaire the GP may decide to use and is not a diagnostic tool but it may help prepare you for the discussion with your GP. Where a question is not relevant to your situation ignore or replace it with more relevant information.

Some of the questions could be upsetting to answer as they may mean revisiting difficult issues from the past. If this is the case, take your time, take breaks and only record the minimum amount of detail you are comfortable to provide.

- Relationship to the child
- Child's age and gender
- Composition of their (your) family
- Family history, e.g. kinship care, permanent care, adoption
- Age at placement
- Issues leading to placement, e.g. exposed to trauma, family breakdown, loss of parent
- Issues at time of placement, e.g. school refusal, grief, behaviours, illness
- Current illnesses, allergies and medications
- Agencies and professionals currently involved with the family and/or child
- Issues or behaviour at home, school, community
- Observations on current mood, emotional responses and overall presentation of the child
- How long have you been noticing these problems?
- How are other members of the family affected by these problems?
- Positive observations of your child, e.g. good at art, relaxes with music, physically talented
- What do you want to achieve by coming to the GP?

Related Permanent Care and Adoptive Families fact sheets:

[Better Access to Mental Health Care](#)

[Permanent Care and Adoptive Families Specialist Database](#)

[Engaging a Therapist](#)

Other links and further information:

Kids Matter, *Resources for your journey*, links to information and resources around child mental health: <http://www.kidsmatter.edu.au/primary/resources-your-journey>

For more general information on mental health as it relates to children and families in kinship care, permanent care and adoption, [visit www.pcafamilies.org.au/resources/external-information/mental-health](http://www.pcafamilies.org.au/resources/external-information/mental-health)