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Physical Health Conversation Guide

A guide to help talk about health

About this guide

This guide was created by people experiencing mental and physical health concerns, doctors and other support workers to assist conversations about physical health. You can use this guide when talking to people about your health. This includes general practitioners (GPs), psychiatrists, health workers, peer workers, and other support people. You don't have to use all of this guide - you can just use the parts that are important to you. You can fill it in and give a copy to your GP or health worker or you can just use the points to have a conversation them. Feel free to use the guide however you like. If you prefer to use a digital version, scan the QR code or go to: <https://phcg.org>

Are you interested in being involved in research about this Physical Health Conversation Guide? You can tell us about your experience using the Guide in an interview or through a survey. Just click the link or scan the QR code to find out more.



How my physical health and mental health affect me

Ways that my physical health affects my mental health...

Ways that my mental health affects my physical health...

Allergies or other reactions that I have had to medications...

Medications that do not work for me or that have unwanted (side) effects...

Things that make it hard to exercise and have a better diet...



Supports for appointments

Support I need to get to appointments _____

(This could be: help with making appointments; transport; appointment times that work better for me.)

Support I need to participate in appointments _____

(This could be: including or meeting a family member, friend, support worker, nurse or peer worker)

I would like longer appointments if that is possible



Other physical health services

Physical health services that I use now or have used before...

Physical health services that I find helpful or unhelpful...

Things that make it difficult for me to get to health services or to use health services...

Things that help me to get to health services or to use health services...

Other health services or supports that I think would help me...



The language I like to use

When talking about my *physical health*, words I do not like to use and don't want other people to use about me are _____

When talking about my *mental health*, words I do not like to use and don't want other people to use about me are _____

Other things I want you to know about how I communicate _____



My experiences with health services

My experiences with GPs that I want you to know about _____

Things that are hard for me to talk about are _____

Physical checks

The last time I saw a general practitioner (GP): _____ / _____ / _____

Physical health conditions I have are _____



Medications / Supplements I take

Prescription needed?



Reports and Results

Results of important physical health screening and check-ups that I have had are _____

I would like a copy of reports and results sent to me: Yes No

Post/email address: _____

I would like a copy of reports and results sent to my other health workers (listed below):

(These could be people like a support worker, care coordinator, nurse, psychiatrist, psychologist etc.)



Health Worker Name	Contact information	Yes	No	Ask first

I am happy for my GP to upload a summary of physical health onto MyHealthRecord? Yes No

Physical health checks or tests that will be important for me:



Physical Health Issue	Physical health check / test	Date for next check /test	Date for next check /test

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