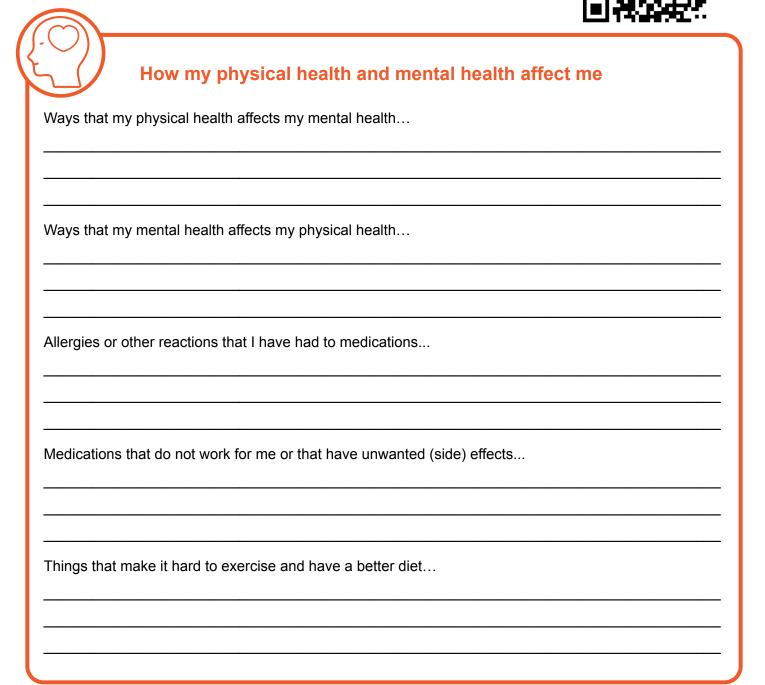


Physical Health Conversation Guide A guide to help talk about health

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.







The language I like to use

When talking about my <i>physical health</i> , words I do not like to use and don't want other people to use about me are When talking about my <i>mental health</i> , words I do not like to use and don't want other people to use about me are		
May average and a verification of the contribution of the contribu		
My experiences with health services 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 Re	esults			
Results of important physical health	screening and check-ups that I have	had are		
I would like a copy of reports and re	sults sent to me: Yes No			
Post/email address:				
• • •	sults sent to my other health workers (ort worker, care coordinator, nurse, psy	•	-	ogist etc.)
Health Worker Name	Contact information	Yes	No	Ask first
I am happy for my GP to upload a s Physical health checks or tests that	ummary of physical health onto MyHe.	althRecord?	· 🗀 ›	Yes No
r hysical health checks of tests that	will be important for me.			
Physical Health Issue	Physical health check / test	Date for next che/test	eck	Date for next check /test

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