



Experiencing mental health issues? Your GP can help.

Getting help early can make a difference.

Talk to your GP today to discuss:

- ✦ How you've been feeling lately.
- ✦ How long your symptoms have been present.
- ✦ What your GP might think the best options are for you.
- ✦ What your concerns might be.
- ✦ How this may be impacting on your life.
- ✦ How to set up a Mental Health Treatment Plan.

For more information visit
thinkmentalhealthwa.com.au


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MENTAL HEALTH