

How much will it cost

Some GPs might bulk bill using your Medicare Card.

A normal GP consultation will cost between \$35 and \$45. You can claim most of this cost back from Medicare Australia.

How do I get a Medicare Card

Talk to the receptionist - they may have your family's Medicare Card number or they can help you get your own card.

If you are 15 or over, you can obtain your own Medicare Card from Medicare Australia.

Ring 13 20 11 and ask for a form to be mailed to you.

You can also find out your Medicare Card number by ringing this number.

Other resources

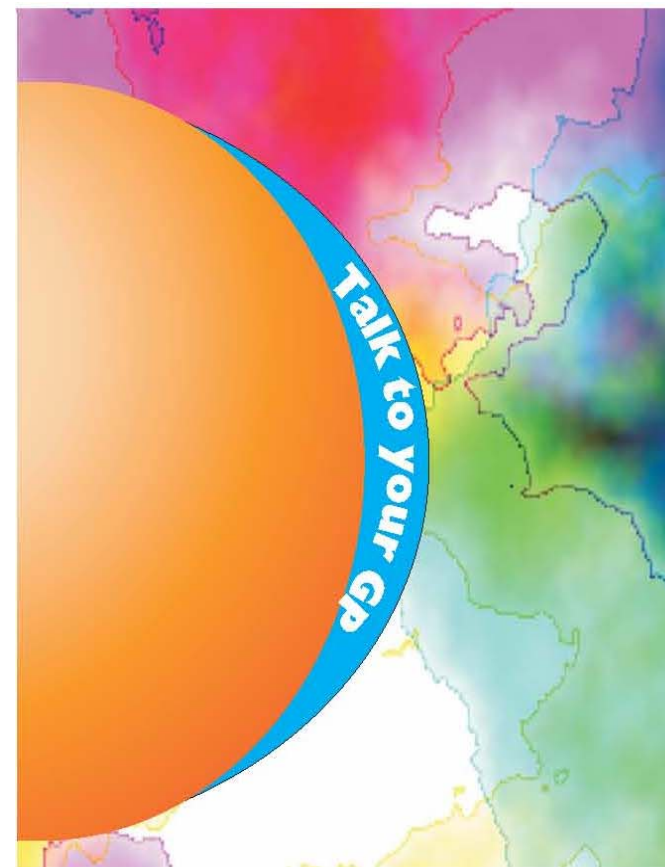
Kidshelpline
1800 55 1800

Lifeline
13 11 14

www.reachout.com.au



Australian Divisions of General Practice
25 National Circuit
Forrest ACT 2603
PO Box 4308
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**It's Ok to talk about being sad
It's OK to talk about what's
worrying you
It's OK to talk**

**Talk to your friends
Talk to your family OR
Talk to your GP**

What is a general practitioner (GP)

A general practitioner (GP) is a doctor who sees people of all ages for a range of health problems. GPs are happy to talk with young people about anything they are worried about. They see people about a range of issues, including physical problems such as a sore throat through to feelings of sadness, anger, stress, problems at home, school or work, and sexual health issues.

How can a GP help with my problems

Some people are surprised that a GP can help them with emotional or mental health problems, but they have a variety of skills and can help you work out what you might do to resolve your problems.

- They can talk to you about what is concerning you.
- They can help you identify what is making you sad or angry.
- They can suggest practical things that might help, such as organising your study time better, getting some exercise to help with stress, tips about sleeping better etc.
- They can refer you on to another professional who has more experience in helping people with feelings of sadness, anger or stress.
- They can prescribe medication if they feel you might need it.

Talk to your GP

Finding a GP

It is important to find a GP whom you feel you can trust and whom you feel comfortable talking to. Some people may have a family GP who they are happy to keep seeing. Others may feel they need to see someone who does not have any connection with other family members.

To find a GP you might

- ◆ Ask a teacher or friend
- ◆ Look up the phone book under 'medical practitioner' in your local area.

Making an appointment

A standard appointment time with a GP is around 10-15 minutes. If there are a number of things you want to speak to your GP about, or if you think it will take a longer time to explain your situation, you can ask for a long appointment.

You need to tell the receptionist if your problem is urgent.

You don't have to tell the receptionist what your problem is.

If you have a preference for a female or a male GP discuss this with the receptionist.

GPs care for the community

Confidentiality

GPs must keep all information people tell them confidential. The only time they will talk to someone else about you without your permission is if they believe someone is hurting you, that you might hurt yourself, or if they feel you might be a danger to someone else.

A GP may suggest that it would be good to talk to someone else about your problem, but they will not do this without your permission.

Questions your GP might ask

GPs may need to ask a lot of questions during your first appointment to get to know you and understand your problem. The types of questions a GP might ask include:

- ▶ When did you start feeling like this?
- ▶ What else was happening in your life at the time?
- ▶ Have you felt like this before?
- ▶ Has this happened to anyone else in your family?
- ▶ Does anyone in your family have any serious medical conditions?

Your GP can help