



Helping Young People Get Doc Ready

Museo Sans 300 25pt #463947

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Questrial Reg 12pt #463947

Primary Colours



#F9D55F



#62C1C2



#EC6D6F

Header / Footer



#463947

Secondary Colour



#265169

Icons / Buttons



#F9D55F



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What can a GP help with?



Know your rights



Confidentiality



Getting the most out of your appointment



How to give feedback



How to find a GP

My Checklist

2 Items



Search Info & advice

Doc Ready has tailored info & advice about what to expect and how to plan for a mental health related GP consultation



Build Your Checklist

Choose experiences that you are having problems with and add them to your custom checklist to take to your GP

Be Prepared

Take your thoughts with you to your GP appointment using the export tools or as simple as a pencil and paper



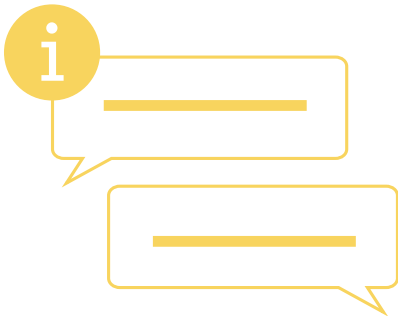
Helping
Young People
Get Doc Ready

About Us



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Search Info & Advice

Doc Ready is here to help you to get ready to make a visit to the doctor. Use our [checklist](#) to prepare a list of things you'd like to talk to a doctor so you can take it with you.



What can a GP help with?



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Getting the most out of your appointment



How to give feedback



How to find a GP



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Build Your Checklist

Recently I have noticed changes in my...

My Checklist
2 Items





Build Your Checklist

Recently I have noticed changes in my...

My Checklist
2 Items



Sleep

keep building



what are you experiencing?



I find it really hard to wake up



I can't sleep



I feel tired all the time





Be Prepared

My Checklist

keep building

Drag & drop your checklist items to prioritise

- I find it really hard to wake up
- I can't sleep
- I feel tired all the time

Add Items

- Any significant events?
- Anything else you want to talk?

preview here