

My appointment preparation

Use this page with a GP, psychologist or specialist. Fill in only what is useful.

Appointment

Date, service and what the practice has asked me to bring.

What I want help with

A specific example from daily life and what I would like to be different.

My questions

Process, costs, options, who does what and follow-up.

What makes appointments easier

Written instructions, time to think, breaks or a support person.

Agreed next step

Who will do what, by when? Fill this in during the appointment.