**In preparation for your mental health care plan**

Please write some thoughts about the topics below.

Ideally, use a word document on a PC, or saved in a format compatible with a PC so that we can utilise this in your consultation.

Once you have completed this – email this document to [mail@stonewall.com.au](mailto:mail@stonewall.com.au) at least 1 day before your appointment

Feel free to write as much or as little as you wish. My preference is for more as we can easily trim down and edit the content.

If there is an important topic but you are not yet ready to talk about it, feel free to write: “there is another important topic that I am not yet ready to talk about”.

I prefer headings with dot points below, however you are free to use paragraphs if this works better for you.

1. Past medical history (for you):

* Any medical illnesses (eg diabetes/asthma etc)
* Hospital admissions (year, hospital, why, what helped etc)
* Surgery (eg tonsils appendix etc)

1. Past psychiatric history (for you):
   1. Diagnosis (if known)
   2. Admissions (to hospital)
   3. Medications (including whether you like them or not)
   4. What worked/what didn’t
   5. Psychiatrists, psychologists and counsellors – including any you liked or didn’t like and why
2. Current Medications (any tablets, sprays, puffers, over the counter or other medicines you take regularly)
3. Family history:
   1. I prefer a format that covers: name, relationship (eg mother/brother/aunt etc), major medical illness for that person, major psychological history for that person, and a comment if relevant (eg divorced, very close, don’t talk etc)
4. Personal history **(THIS IS THE MOST IMPORTANT CONTENT)**. Write about what happened, and how you felt at the time. Here are some suggested headings – feel free to add more
   1. Childhood
   2. family
   3. School
   4. Further study
   5. Relationships
   6. Substances eg marijuana/thc, meth etc
   7. Gender
   8. Sexuality
   9. Coming out (if relevant)
   10. Work
   11. Trauma (eg bullying, physical, Sexual, emotional)
   12. Loss
   13. Other major themes or significant items you want to work on
5. Remember, if there are items you are not ready to discuss feel free to state that and withhold the content
6. Support people. Please list at least 3 trusted friends or family with their contact phone numbers. This is so that if you have a difficult session we can prompt you as to who might be available for you to call for extra support.
7. Some thoughts on goals that you would like to work towards with your emotional and social wellbeing
8. Finally, if you have some criteria which you think would be relevant in choosing a counsellor, please feel free to list these considerations. There are many criteria people use in order to choose a counsellor and it is important that you feel comfortable. If there are things that you feel might help this let us know.