



# My mental health checklist



It's a positive step to seek help for your mental wellbeing. It can be daunting and overwhelming to keep track and remember all of your symptoms when it comes to discussing them in your initial GP appointment.

Our checklist can help you prepare by having a record of your thoughts and feelings that you can take with you. The checklist is just a guide, not all questions may be applicable to your individual needs, however, it can help you to think about what you want to express to your GP.

You can also use it in preparation for the types of questions you might be asked if your GP refers you to a specialist mental health clinician or therapist.

## Current mental health concerns:

### Mood changes:

Persistent sadness or low mood:	Yes	No
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How often?

How long does it last?

Feeling unusually happy or elated:	Yes	No
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Describe:

Rapid shifts in mood:	Yes	No
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Describe:

Feeling irritable or easily frustrated:	Yes	No
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How often?

### Anxiety and worry:

Feeling excessively worried or anxious:	Yes	No
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About what?

How often?

Severity (mild, moderate, severe):

Panic attacks (sudden feelings of intense fear):	Yes	No
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How often?

Physical symptoms during panic attacks:	Yes	No
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Describe:

Social anxiety (fear of social situations):	Yes	No
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Describe:

Specific phobias (intense fear of certain things):	Yes	No
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Describe:

### **Sleep problems:**

Difficulty falling asleep (insomnia):	Yes	No
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Difficulty staying asleep:	Yes	No
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Waking up too early:	Yes	No
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Feeling unrefreshed after sleep:	Yes	No
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### **Changes in appetite or weight:**

Significant increase in appetite:	Yes	No
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Significant decrease in appetite:	Yes	No
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Unintentional weight gain: (approximate amount):

Unintentional weight loss: (approximate amount):

### **Changes in energy levels:**

Persistent fatigue or lack of energy:	Yes	No
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Feeling restless or agitated:	Yes	No
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### **Concentration and memory:**

Difficulty concentrating:	Yes	No
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Memory problems:	Yes	No
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Difficulty making decisions:	Yes	No
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### **Thoughts and feelings:**

Feeling hopeless or helpless:	Yes	No
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Feeling worthless or guilty:	Yes	No
Thoughts of self-harm or suicide:	Yes	No
Have you had specific plans to self-harm or end your life?	Yes	No
Racing thoughts:	Yes	No
Intrusive thoughts (unwanted, repetitive thoughts):	Yes	No
Feeling disconnected from yourself or reality:	Yes	No
Describe any of the above:		

### **Changes in behaviour:**

Withdrawing from social activities:	Yes	No
Loss of interest in hobbies or activities:	Yes	No
Increased irritability or aggression:	Yes	No
Changes in speech (e.g., talking very fast or slow):	Yes	No
Increased substance use (alcohol, drugs):	Yes	No
Describe any of the above:		

### **Physical symptoms (that may be related to mental health):**

Headaches:	Yes	No
Stomach problems:	Yes	No
Muscle tension:	Yes	No
Chest pain:	Yes	No
Other:		

### **Triggers and contributing factors (if you can identify any):**

Stressful life events:

Relationship difficulties:

Work-related stress:

Financial concerns:

Trauma or past experiences:

## Triggers cont...

Hormonal changes (e.g., related to menstrual cycle, pregnancy, menopause):

Lack of social support:

Other

## Impact on daily life:

How much do these symptoms affect your work/studies?

How much do these symptoms affect your relationships?

How much do these symptoms affect your ability to carry out daily tasks?

How would you rate the overall impact of these symptoms on your life?

Coping mechanisms (what have you tried to manage your symptoms?):

## Family history of mental health conditions:

Depression:	Yes	No
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Anxiety disorders:	Yes	No
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Bipolar disorder:	Yes	No
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Schizophrenia or other psychotic disorders:	Yes	No
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Other:

## Questions for my GP:

- What treatment options are available? (Medications, talking therapies)
- Could you explain the different types of talking therapies (e.g., CBT, counselling) and which might be suitable for me?
- If medication is recommended, what are the potential benefits, risks, and side effects?
- How long might treatment take, and what can I expect during the process?
- Are there any self-help strategies or resources you can recommend in the meantime?
- How often will I need to see you to monitor my progress?
- What should I do if my symptoms worsen or if I experience any concerning side effects from medication?

**Questions for my GP cont:**

- Are there any local support groups or mental health services you can refer me to?
- How can I best support my own mental wellbeing in the long term?

**Notes:**

Please add any other symptoms, concerns, or anything else you think is important to share:

Explore our mental health hub ([axahealth.co.uk/staying-healthy/mental-health](https://axahealth.co.uk/staying-healthy/mental-health)) which offers guidance on living with anxiety, top tips on building resilience, coping with stress and insight into depression.