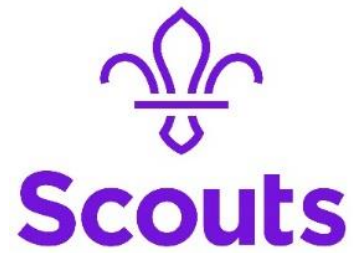


Activity two: plan action



Here to help

Time: 60 minutes

You will need:

GP facts and myths sheet
Action ideas cards sheet
Sticky tack
Buckets
Counters or slips of paper

Before you begin

- Stick up the 'true', 'false' and 'unsure' labels (from the 'GP facts and myths' sheet) around your meeting place.

Bust GP myths

1. Everyone should stand in the middle of the meeting place.
2. The person leading the game should read out one of the facts or myths from the 'GP facts and myths' sheet. Everyone should move to stand by the label they think is right – is it true, false, or are they not sure?
3. The person leading the game should tell everyone the right answer, and read out any supporting information on the sheet.
4. Everyone should repeat steps one to three for each of the facts or myths on the 'GP facts and myths' sheet.
5. Everyone should talk about who (or where) else can offer support, apart from GPs. Who can people talk to if they feel upset or angry? How could they raise awareness about where to get support with mental health?

Choose your action

1. The person leading the activity should show everyone the 'Action ideas' cards. They should read out the description on each card.
2. Anyone who has any other ideas should share them, and the person leading the game should write them on another sheet of paper.
3. The person leading the activity should stick the 'Action ideas' cards up. They should put a bucket underneath each idea, to hold the votes.

4. Everyone should grab three slips of voting paper. They should put their three votes in buckets to show which action they'd most like to do.
5. The person leading the activity should count how many votes each activity has. The actions that received the most votes are the chosen ones.
6. To meet the requirement, everyone should work together to complete 12 hours of actions over six months.

Note:

This might be the first time that someone's explored the issue of mental health or thought about speaking to a GP about it. It's OK if people don't know the answers to one (or all) of the questions – they don't need to worry. The questions can be tricky to answer, so no one should feel embarrassed for not knowing.

The aim of the questions is just to highlight that while we often know what to do if someone's physically hurt (and how to describe it, for example, to a doctor), things aren't always as straightforward when it comes to mental health.

GP – facts and myths

You can read these in any order – but end with ‘You can only go to the GP with physical health problems, not mental health problems’ because this leads on nicely to further mental health activities.

Don’t forget, you can choose statements that work for your group – change the words you use (or how much information you give) or add your own statements to change the level of challenge.

Facts and myths

It’s the law to be registered with a GP.

False. You don’t have to be registered with a GP. However, your GP is usually your first point of contact when you’re unwell so you should register with a practice as soon as possible, even if you’re not poorly right now.

GPs can come to your home for an appointment.

True. If you can’t visit your GP practice for medical reasons, you can ask your GP to make a home visit.

GPs can give you advice over the phone.

True. If you can’t visit your GP, or if you want to have a conversation with your GP sooner than the next available in-person appointment, your GP may be able to give you advice over the phone with a telephone consultation.

Everyone has to pay for prescriptions.

False. If you live in Scotland, Wales, or Northern Ireland, prescriptions are free at any age. If you live in England and are under 16 (or aged 16 to 18 and in full-time education) then your prescription is free; contraceptives are always prescribed free of charge. Certain other groups of people can get free prescriptions in England too: anyone over 60, people who claim certain benefits, or those with a medical exemption certificate (which you can get if you have certain physical health conditions).

The GP is open at the weekend.

True and false. Some, but not all, GPs are open at the weekend. If you need urgent medical attention (but it’s not life-threatening), you can visit an urgent care centre, which are open at least 12 hours a day, every day. You could also call 111, the non-emergency NHS number.

It takes about 10 years to become a fully qualified GP.

True. To be a GP, you have to do a five year medicine degree, two foundation years, then three years vocational training (training ‘on the job’) before you become fully qualified. GPs also have to carry on training and learning throughout their whole careers, this makes sure they keep up to date and provide the best care.

You can only make an appointment to see a GP if you are over 18.

False. Anyone can make an appointment to see a doctor, no matter how old they are. If you’re under 16, you may be asked if anyone knows you’re registering with the doctor.

You should phone your GP first in a medical emergency.

False. If somebody is seriously ill or seriously injured and their life is at risk, you should always

phone 999. If you think it's urgent, but it's not an emergency, you can call 111 and speak to a trained adviser.

Your parent or carer always has to get your prescription for you.

False. You have a right to confidential healthcare and treatment, no matter how old you are. If you're under 16, your doctor has to make sure that you understand and are able to make your own decisions about your medical treatment. If you don't want your parent or carer to know, tell your doctor at the start of your appointment. If you're over 16, your doctor won't tell anybody else about your medical treatment.

It's free to visit the GP.

True. You'll usually need to make an appointment in advance.

You can only go to the GP with physical health problems, not mental health problems.

False. You can go to your GP with mental health problems as well. We'll be learning more about and supporting Mind's 'You and Your GP' campaign. Mind is a charity. One of the things they want to do is to make sure that everyone with a mental health problem who visits their GP practice gets the support that best suits their needs.

True

False

Unsure

Action ideas cards

<p>Top tips</p> <p>Make top tips cards that give people ideas about what they could do when they're sad or stressed. Hand them out to your friends and family.</p> <p>Time:</p> <p>60 minutes (30 minutes making cards, 30 minutes handing cards out)</p>	<p>Community mental health first aid kits</p> <p>Make mental health first aid kits for community centres, schools, and other places young people might go to talk to someone about their wellbeing.</p> <p>Time:</p> <p>75 minutes (45 minutes making boxes, 30 minutes handing boxes out)</p>
<p>Poster people</p> <p>Create posters that tell young people who they can talk to or where they can go if they're feeling sad. Everyone could do this activity on their own in their own time.</p> <p>Time:</p> <p>75 minutes (15 minutes researching, 45 minutes making posters, 15 minutes handing out posters)</p>	<p>Wellbeing walk</p> <p>Go on wellbeing walk to your local GP. Give them a letter that explains why mental health is important and who young people feeling sad or stressed can talk to.</p> <p>Time:</p> <p>2 hours (60 minutes planning, 60 minutes walking)</p>
<p>Craft and care</p> <p>Crafts and other activities can help people when they're feeling sad or angry. Hold a craft and care event for the local community to spread awareness about mental health and wellbeing.</p> <p>Time:</p> <p>4 hours (2 hours preparing, 2 hours minutes running the event)</p>	