

Dear Students,

The general practitioner (GP) is at your school to help you be as healthy as possible. The GP is a great place to start if you are concerned or want help, information, or advice about any health issues including physical wellbeing, healthy eating and exercise, sexual health, drug or alcohol use, relationships issues, or feeling scared, worried, upset, or down. You can make an appointment with the Doctors in Secondary Schools Program through the Wellbeing Team. You don't need to tell anyone why you would like to see the GP. At Hampton Park Secondary College, you can drop-in at recess or lunchtime.

Things to know before making an appointment:

- a. If you make this appointment during class time, your absence from that class will be recorded on your schools student management system – this could mean your parents/carers may find out you have been to a health appointment, however they will not know why. If you prefer your visit to the GP not to be recorded in this way, you should be able to make a drop-in appointment to see the GP at recess or lunch.
- b. Appointments with the GP will be billed through Medicare. If you are 14 years old or older your information is kept private by Medicare. Even if your parents ask for a statement, your visit to the GP at school will not be shown. Medicare would have to contact you to obtain your consent in writing before any of your visits are disclosed. You do not have to provide this consent. If you are 13 years old or under, your parents can access this information without requiring your permission.
- c. Please feel free to discuss any concerns about how to have a confidential visit with the GP with the Wellbeing Team. They will support you to find a way to get the help you need.

What to expect when you visit the GP

At your first visit the GP will usually ask questions about you and your lifestyle, your general health, how you are thinking and feeling, and how you are getting on at school and with your family and friends. At this visit, you will have to fill in a 'personal details' form to become a patient of the clinic where the GP usually works.

The GP might want to give you a physical check-up, for example by taking your blood pressure, heart rate and temperature, or examining other parts of your body relevant to your problem. A GP can't perform any type of physical examination without your consent.

The GP may talk with you about seeing another health provider such as a psychologist or counsellor to support you with your mental health, or a physiotherapist to help with a sporting injury. They will explain how this might help, what services are available, and how to get started.

They will try to obtain access to services that are low cost or free for you - for example, completing a mental health care plan with your GP will enable you to access counselling for free.