

## SEEKING HELP

# Finding the right professional help

## OBSERVATION

Note down the benefits of some of the most common ways to access help.

Method	Benefits
Through your GP	
Go direct	
Through EAP	

## TAKE NOTES

*What are some things to look out for when assessing the fit between you and a mental health professional?*

*After learning this material, has your view towards professional help changed? If so, please discuss.*