

Medical assessments

Mental health information & support available



How do I prepare for an assessment?

- The questions the doctors will ask you in the medical assessment can be hard to answer. Some of these stories you have already told your lawyer and it can be frustrating to tell these again. We also know that speaking to someone you have never met before about the things that happened to you is really hard.
- All of these reasons mean that sometimes big and difficult feelings can come up during the appointment. It is okay to cry or to ask for a moment to catch your breath.
- If you have a mental health practitioner, a GP or any kind of support person it may be a good idea to let them know that you may need to catch up after your appointment. You may even want to make an appointment before and after the appointment so you can talk to them about any feelings that come up.
- If possible it is a good idea to have something to look forward to for the rest of the day. That may be getting some extra rest, going for a walk or being in touch in person or on the phone with someone you like to talk to. You don't have to tell anyone else about the appointments, it can just be someone you like talking to or spending time with. This includes pets, of course! If you don't have anyone to talk to and would like some support before or after the appointment you can ask your lawyer to refer you to Shine's mental health support team.



How may I feel after the appointment?

- It is very natural to feel wobbly after the appointment. Many people feel sad, upset, angry, teary. It is also very common to feel very tired or like you don't want to talk to anyone for a while.
- Sometimes people don't sleep well or have bad dreams after the appointment. During the days following the appointment you can have bad memories come up during the day when you are doing things you normally do. This can be very upsetting.



If I am upset, how long can this last?

- There is no rule about how long these feelings last. It can be two days, two weeks or longer. Each person is different as to how they respond and how long it takes them to get over the appointment and get back to their own kind of 'normal'.
- What we recommend is that if you are feeling worse instead of better after 4-5 days that you talk to someone about this. This can be a GP, a mental health service listed below or someone from Shine.

Where can I get help?

1800RESPECT
NATIONAL DOMESTIC FAMILY AND
SEXUAL VIOLENCE COUNSELLING SERVICE

1800 737 732

 **blueknot**
empowering recovery from complex trauma

1300 657 380

 **Lifeline**
AUSTRALIA

13 11 14

 **Suicide
Call Back
Service**

1300 659 467

 **SHINE LAWYERS**

Ask your legal team for
support in contacting our
Mental Health Support team

**Ask your local GP
for a referral to a
counselling service**