

# Appendix D

## Psychoeducation script outline

General practitioners and mental health practitioners may wish to adapt the suggested script below when providing education:

- "... you have (*mental health problem*)".

*Tell them how common it is*

- "Your (*problem*) explains why you feel (*list their symptoms*)".
- "The (*problem*) is treatable, but, you'll have to do some of the work to help yourself get better, such as exercise, keeping a diary and planning activities".
- "Just as there are different types of mental health problems and disorders, so there are different types of treatment. Many people have benefited from the range of treatments available".

In discussing the treatment options, practitioners may wish to adapt the following script:

- "I would like to treat your (*mental health problem*) in this way...".

*Give them the treatment option(s)*

- "Depending on how we go at the beginning, your treatment is likely to involve other health professionals, such as a psychologist or psychiatrist".
- "We should certainly consider the support of your family and friends, and the effect your (*problem*) may have on them".

*Discuss the treatment plan and the pros and cons of:*

- exercise
- activity scheduling
- self-monitoring
- medication
- factors that might impede recovery
- seeing a mental health professional
- the likelihood of the veteran following the recommended treatment.