



Finding a GP (for young people)

A General Practitioner (GP) has general knowledge about a range of different medical issues. It is important to have your own GP. You don't need to see the same GP that your family sees, you should find a GP that suits you and that you feel comfortable speaking to.

You and your GP

- Finding a regular GP means that they will have the opportunity to get to know you, and develop an understanding of your mental and physical health needs.
- Your GP will help you make the right choices for your treatment and help you stay in control of your health.
- Going to the same GP means you don't have to repeat yourself every time you go to the doctor.
- Your GP is usually the first health professional to contact if you start to feel unwell.

How to choose a GP

You should ask yourself a series of questions when you see a GP to decide if they are right for you:

- Am I comfortable talking to my GP about embarrassing or difficult health issues?
- Do I feel like the GP is listening to and understanding me?
- Does the GP understand my cultural or religious needs and willing to adapt treatments to suit my beliefs?
- Does my GP support me to get other professional help (e.g. a second opinion if I want it?)
- Is it easy to get an appointment with my GP during hours that suit me?
- Does the GP provide me with information in a way I understand?

If the GP doesn't satisfy this criteria, try another GP until you find someone that you are happy with.

What to consider

Appointments

- Most GP appointments are between 5 – 15 minutes long. If you think that you'll need longer time be sure to ask the receptionist to book you in for a longer appointment.
- If you can no longer attend be sure to call to cancel your appointment and make sure you reschedule.

Costs

- The cost of seeing a GP changes with each medical practice.
- Some GP's may bulk bill.
- Bulk billing is when the cost of your doctor's appointment is completely paid for by the government. Some doctors may charge extra and you will be required to pay the gap.



- You may be asked to sign a Medicare Claim form, or you may need to pay the doctor in full and then be refunded by Medicare after claiming.
- When you make an appointment with a doctor, ask if they bulk bill.
- If they don't bulk bill, ask them to explain the costs and how much you can get back from Medicare.

For more information on getting your own Medicare card visit the Services Australia website <https://www.servicesaustralia.gov.au/individuals/services/medicare/medicare-card> (external site).

Inclusive clinics

- All public GP clinics in Australia should be accepting of all people, regardless of gender, sexuality, ethnicity and ability.

The Australian Medical Association have compiled a [list of youth friendly doctors](https://www.amawa.com.au/community/youth-friendly-doctors/) <https://www.amawa.com.au/community/youth-friendly-doctors/> (external site).

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This document can be made available in alternative formats on request for a person with disability.

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