



*Drug and Alcohol Information*  
Get informed, stay smart, stay safe

Video

## Getting Help from a GP (Doctor)



**Evidence ratings:**



This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 7–8, Year 9–10, Year 11–12

**Targeted Drugs:** Drugs (General)

**Tags:**

**Time Allocated:** Partial lesson (under 45mins)

**Links to National Curriculum:**

ACPPS072 (Yr 7–8), ACPPS076 (Yr 7–8), ACPPS077 (Yr 7–8), ACPPS091 (Yr 9–10), ACPPS095 (Yr 9–10), ACPPS096 (Yr 9–10)

**Origin:** Australian

**Cost:**

Free

### Available

This video is available on YouTube

Watch 'Visiting the GP'

### Developers

Reach Out.

### Summary

**Video length:** 8:06

This video explains how GPs work, how they can help, and what young people can expect when making an appointment, including costs and confidentiality.

### Expected Benefits

- Increased awareness of support services.

### Evidence Base

**Expert Review\*:**

This video was developed specifically for teenagers, and effectively demystifies the process of seeing a GP. It includes specific information on costs, Medicare billing and making appointments, with specific attention to confidentiality. The material was filmed in NSW, but the information is relevant across Australia. The video make doctors seem non-threatening and accessible, and may help teenagers feel more confident to seek help. It is well produced, uses a mix of actors and community members from diverse backgrounds, and is set against a narrative that is relevant and relatable for young people. While this video does not explicitly discuss drugs and alcohol, it may encourage young people with substance use or mental health issues to seek help.

\* Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.