



# Support

You have more in your life than just your heart health needs, talk about what else is important to your social and emotional wellbeing.

You can yarn to family, friends, health professionals and other people in your community about what you might need. Support can come from a team of health professionals, not just your health worker or doctor.

It's important for the people who are looking after you to know what works well for you, to support you in the best way for you.

**“We used to go to walking groups, and they said you might be interested in endocrinologist via telehealth, and it’s been beneficial. It’s something that I would not have considered, and I found it a very beneficial referral.”**

**- Community member**

**See your GP if you have questions or concerns about your Heart Health**

This tool uses the “Finding Your Way” model of shared decision making to guide conversations about cardiovascular disease prevention. It was codesigned with input from Aboriginal And Torres Strait Islander Health Workers/Practitioners and community members. See the “Finding Your Way” guide here: [www.aci.health.nsw.gov.au/shared-decision-making](http://www.aci.health.nsw.gov.au/shared-decision-making)

This resource was developed by the CHAT-GP team at The University of Sydney and the Enhancing Chronic Disease Care Team at The Australian National University.

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