



## Take a break

You might need more time to think about the options, or yarn with family and friends. It's ok to come back another time if you're not ready to make a decision yet.

If you don't feel like you're in a safe place to yarn with someone you trust, you can talk to a different health professional. You can ask about seeing an Aboriginal and Torres Strait Islander Health Worker or Practitioner if you don't feel comfortable with your GP or nurse. You can ask to see a male or female health professional to help you feel more comfortable.

**“You're not going to get all this done in one session. So, being able to have that follow-up, being having that ongoing care, having the ongoing talking about, sharing our stories - having something you can take away and being followed up is very important.”**

**- 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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