



## Mental Health Team

North Shields PCN was one of the first places in the country to start recruiting specialist mental health nurses to work with, and as part of, each of our 5 practices. The team was initially 4 full time posts, now 5 and soon to be 6 people. We also help manage other mental health professionals working in Wallsend and Whitley Bay.

Good mental health is a huge part of everyone's overall health and we know that many people come to their General Practice because of issues with their mental health. Patients in Shields have been able to book an appointment directly with one of our wonderful team directly for the last 2 years.

They can help in many ways:

- Helping with understanding of why you might be feeling this way
- Helping you organise your thoughts and feelings and make plans to help yourself
- Signpost you to other people, services and organisations who may be able to help
- Refer you on for longer courses of therapy

They work closely with the GPs and other clinicians in the GP practices across North Shields.



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