

## Primary Care Mental Health Practitioners

### **What is a Primary Care Mental Health Practitioner?**

A qualified mental health professional who works in a doctor's (GP's) surgery.

They can help with common mental health difficulties such as anxiety, stress and low mood for adults and young people over the age of 16.

### **What happens if I get an appointment with a primary care mental health practitioner?**

There will be an initial appointment to gain a wider understanding of the mental health difficulty you are experiencing. They will then work with you to produce a treatment plan based on your needs:

This could be a couple of appointments to provide brief, solution focussed interventions, self-help material and/ or signpost / refer you on to services that may be better placed to help you.

They can speak with your GP if you require a fit note (previously known as sick notes) or a prescription for medication.

### **Can anyone see a primary care mental health nurse?**

The service is for adults over the age of 16.

### **How can I see a primary care mental health nurse?**

If your GP surgery has a mental health nurse working in your practice you simply need to phone the surgery or ask at reception to book an appointment.

### **What happens if my mental health deteriorates whilst waiting for an appointment with the GP surgery?**

The Crisis Resolution and Home Treatment Team (CRHT) provide assessment and support for people experiencing acute mental health distress and their carers. The team is made up of different mental health professionals and is available for adults of all ages and young people, who are needing to speak to someone urgently about their mental health.

The service can be contacted on 0300 123 9015 or free phone 0800 652 2865

*There is a text number for people who are Deaf and/or have communication difficulties: 07795 656 226*



