

PRACTITIONER HEALTH SERVICE:

CONFIDENTIAL MENTAL HEALTH SUPPORT FOR LMC STAFF

ACCESS SPECIALIST SUPPORT THROUGH NHS PRACTITIONER HEALTH

NHS Practitioner Health is a confidential mental health treatment service with clinicians and therapists across England who specialise in supporting health and care professionals. The service currently supports more than 6,000 NHS and care staff each year.

We are delighted to share that we have secured limited funding to extend access to NHS Practitioner Health for LMC staff. The service will be open to members of staff who, due to the nature of their roles would face barriers accessing confidential mental health treatment through local NHS routes.

If you are unable to access support through your GP, or by self referring to [local talking therapy](#) due to confidentiality concerns or other clear barriers this service may be right for you.

WHAT CAN PRACTITIONER HEALTH OFFER?

The service can support a range of mental health conditions and addictions within primary care settings.

Following an initial assessment, you may be offered:

- ✓ Ongoing case management with a clinician
- ✓ Access to short-term individual or group therapy
- ✓ Prescription medication (where appropriate)
- ✓ A fit note if time off work is needed
- ✓ Additional resources and tools to support your treatment



Please note: If you are identified as needing inpatient addiction services this will not be possible under this arrangement and Practitioner Health will need to liaise with your GP to enable you to access local addiction services.

HOW DO I ACCESS PRACTITIONER HEALTH?

Practitioner Health is a self-referral service. The act of self-referral is key as this acknowledges recognition of need, preparedness to trust the service and willingness to engage in treatment.

To complete your registrations forms follow the link: <https://www.smartsurvey.co.uk/s/ZIINQZ/>

WILL PRACTITIONER HEALTH SHARE INFORMATION WITH ANYONE?

Anyone accessing Practitioner Health can expect the same level of confidentiality as all other patients in the NHS. Records are not stored on the NHS spine and so are not routinely available to GPs or other healthcare providers. Practitioner Health will not disclose information to any third party without your consent, unless required by a legal obligation.

For more information about Practitioner Health please visit their website:
<https://www.practitionerhealth.nhs.uk/>
