

ARE YOU STRUGGLING WITH YOUR MENTAL HEALTH?

The Mental Health Practitioner (MHP) can support you with **up to 8 appointments** to help you manage your mental health.

MHPs CAN OFFER ✓

- Face to face appointments and telephone consultations.
- Supportive conversations with emphasis on recovery.
- Coping strategies to support self management.
- Support for patients who find it difficult to engage with their GP.
- Mental Health Reviews.
- Signposting to other services.

MHPs CANNOT OFFER ✗

- Crisis intervention.*
- Long term support.
- Psychological therapies.
- Medication prescribing.
- Report Writing.
- A Diagnostic Service.
- Home visits.

***Please note that this is not a crisis service, if you are in crisis please contact the Mental Health Crisis Line on 0800 028 8000. contact NHS 111, call 999 or go to your local A&E.**

SPEAK TO YOUR GP TODAY TO SEE WHETHER A REFERRAL TO THE MHP WOULD BE SUITABLE.