

# Welcome to your Initial Assessment Appointment

*Thank you for booking your Initial assessment with one of the Practitioner Health team.*

## Where will my appointment take place?

- Most appointments are being done virtually
- On the day of your assessment, you will receive a link. If any issues occur we will contact you via telephone.
- Some clinicians are offering face to face appointments as sites become available

## How long will my appointment take?

- Up to 60 minutes for the Initial Assessment
- Up to 30 minutes for a Follow up Appointment

## What happens after my appointment?

- The clinician you had your appointment with becomes your lead clinician. All subsequent follow ups will be done with them
- The outcome of your assessment will be presented at a Multi-disciplinary (MDT) meetings. From there you can be referred for treatment

## What treatments do you offer?

We work with a broad range of therapists offering

- Cognitive Behavioural Therapists
- Brief Intervention Therapists
- Group therapists
- Community and inpatient-based addiction interventions
- Liaison with other parties such as OH or a regulator, with your consent

## Confidentiality

- Our service is completely confidential, not linked to the NHS spine, and separate from your GP records
- We will share your contact details and a summary of your assessment with your therapist if you have been referred
- We will not communicate with anyone outside PH unless you have given consent for this to happen. Only in exceptional circumstances (if we were concerned about your safety or the safety of others) would we ever breach your confidentiality without consent

## Urgent Appointments

If you feel that you are in crisis and unable to wait until your next appointment it is important you know where to seek help:

- **Contact Your GP To Ask for An Urgent Appointment**
- **Ring 111 or 999**
- **We also offer a 24 hour anonymous text support service accessed by texting NHSPH to 85258.**

## Can you issue fit notes?

Yes – we can sign you off from work for a period. There is no need to provide detailed information of your illness on this certificate as we are aware you will need to share this with your employer. You can discuss with your clinician what is put on the certificate

## Can you prescribe?

In some cases yes, but we will only ever initiate a medication, and then obtain your consent to hand this prescribing over to our GP

## What don't you provide?

- Second psychiatric opinions for those receiving care elsewhere.
- Ongoing prescribing
- Unsolicited report writing or expert witness statements.
- Long term psychotherapy
- An Occupational Health assessment
- Eating disorders treatment
- ADHD and neurodiversity assessment, diagnosis and treatment
- Psychiatric assessments requested/recommended by others e.g. Regulators or Occupational Health

We are also unlikely to be able to provide you with ongoing care if you are already being cared for by a secondary care mental health service such as CMHT or crisis service.



[www.practitionerhealth.nhs.uk](http://www.practitionerhealth.nhs.uk)



[prac.health@nhs.net](mailto:prac.health@nhs.net)



0300 0303 300