

WHY NHS PRACTITIONER HEALTH?

Being a health or care professional can be stressful and, at times, it is difficult to know where to turn for help. This free confidential service offers timely and comprehensive healthcare for doctors, dentists, and the NHS and care workforce in England, Isle of Man and doctors in Guernsey, as well as registered health and social care workers in Scotland

NHS Practitioner Health can help with any mental health or addiction issue



What can the service do?

The service can provide advice over the phone or offer rapid access to a face-face consultation

Who will I see?

You will see an expert GP, nurse or psychiatrist who has special expertise in treating health professionals.

Do I have to pay?

No. This is an NHS Service provided free of charge to patients. If you usually pay prescription charges, these will still apply.

Who is the service for?

Any doctor or dentist on the GMC / GDC register, in England

Any registered health or social care worker in Scotland

Any NHS or care workforce employee in England by referral via a staff wellbeing hub.

Trainee doctors and dentists in London, Kent, Surrey and Sussex

What about workforce who are not currently employed/registered?

If you have been registered with your professional regulator in the last 12 months or are seeking a return to the workforce we may be able to help you.

How do I access the service?

You can register by contacting us through our website (www.practitionerhealth.nhs.uk) or by contacting us directly:

Email: prac.health@nhs.net Phone: 0300 030 3300

Contact Us

NHS PRACTITIONER HEALTH

Opening Hours: Monday to Friday 8am-8pm
Saturday: 8am-2pm

Telephone : 0300 030 3300

Email: prac.health@nhs.net

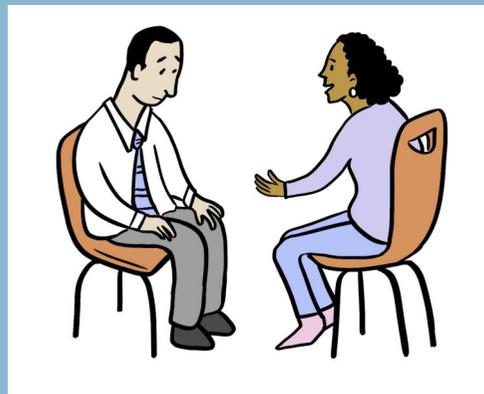
Website: www.practitionerhealth.nhs.uk

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CLINIC LOCATIONS ACROSS ENGLAND AND SCOTLAND



How to access Practitioner Health

*Support for health and care professionals
with
mental health or addiction concerns*



Supporting the health of health professionals

What is NHS Practitioner Health?

NHS Practitioner Health is a primary care led mental health assessment and treatment service established to care for NHS and care professionals in England & Scotland, with mental health concerns or addiction problems, where this might be affecting their ability to work. NHS and care workforce workers at grade 8d or above can also self-refer to Practitioner Health. All other NHS or care workforce staff can access Practitioner Health through speaking to their local staff wellbeing hub.

Practitioner Health also operates the Workforce Specialist Service (WSS) in Scotland that all registered health and social care workers in Scotland can access for confidential mental health and addictions support.

The Trainee Doctors and Dentists Support Service (TDDSS) provides psychoeducational support for trainees in London, Kent Surrey and Sussex, this is provided by Practitioner Health.

Is this service confidential?

NHS PH is a confidential service, which seeks to protect practitioner-patients from the stigma associated with mental health illnesses and addictions. NHS PH aims to get our patients healthy and working, whilst safeguarding any risk to all patients.

Health and care professionals are entitled to the same level of confidentiality as other patients. Only in exceptional circumstances (for example where patients/clients may be at risk) would we need to discuss how other relevant bodies or employers need to be involved. We would always discuss this with you and you would be involved at every stage.

Please refer to our website for more details.

NHS PH success rates for its practitioner patients:

- Three quarters of those not working when accessing support, remain in or returned to work following contact with NHS PH.
- Up to 80% abstinence rates at 5 years post treatment. (This compares to 10-20% of non-health/care professional population being abstinent)

What services do we provide?

NHS PH has seen over 16,500 since its establishment in 2008. Practitioners come to us because they know we are a confidential service. Many do not feel able to access their local NHS services where they may receive treatment from their own colleagues, be seen at their own place of work, or be treated by clinicians who are not experienced in providing care to other health and care professionals.

Unfortunately, mental health and addiction remain stigmatised conditions and practitioner patients are concerned that their professional credibility and their careers will be harmed by disclosure.

Patients can attend our service with confidence that their care will not be made known to friends/family/colleagues. They will be seen locally by clinicians who are experienced in treating health and care professionals with mental health or addiction issues. Referrers can be confident that we will work with them and other bodies such as the regulator — with explicit practitioner-patient agreement — to protect the practitioner-patient and those they provide care for.

NHS Practitioner Health can provide:

- A national network of clinicians/therapists with knowledge of working with health and care professionals
- Expert assessment and case management
- Psychiatric assessment and treatment
- Medication and issue of fit notes (Med3)
- Brief intervention therapy (Cognitive Behavioural Therapy, brief Psychotherapy, relapse prevention) on a one-to-one/group basis
- Access to community/in-patient detoxification and residential rehabilitation.
- Support and advocacy in facilitating the psychological aspects of a return to work
- Signposting to peer support and other sources of help
- Liaison with local health services as appropriate

Can I be seen in an emergency?

This service offers routine appointments—we are not an emergency service. We do operate a crisis text service for doctors and dentists through our provider partner Shout. To access this, text **"NHSPH"** to **85258**.



Alternatively contact your local A&E department or call The Samaritans on 116 123

NHS PH recognises that:

- Health and Care Professionals are more likely than the average person to suffer from problems with depression, anxiety and burnout.
- Up to 20% of clinicians become depressed at some point in their career.
- Suicide rates among female doctors have been shown to be twice that of the general female population.
- Evidence shows that doctors are more likely to