

1 in 4 adults will be affected by mental health problems in their life

Mental health and wellbeing services are available at your GP surgery

If you are 18 or over and experiencing mental health concerns you may be able to speak to a Psychological Health Practitioner.

This is not an emergency service and should you feel your concerns are of a more serious nature please speak to your GP

- 1 Talk to your GP or Care Navigator
- 2 Book an appointment with a Psychological Health Practitioner
- 3 45 minute session with a Psychological Health Practitioner
- 4 Decide together what the best way forward is e.g. information you may benefit from, what support might be able to help, referral on if necessary

For more information, please speak to your GP or Receptionist

#psychologicalwellbeingservice
#primarycare



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