

## WHY NHS PRACTITIONER HEALTH?

Being a healthcare 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 and dentists on a self-referral basis. The service is available to all doctors and dentists who are on the GMC / GDC register (or have been within the last 12 months) in England.

NHS Practitioner Health can help with any mental health or addiction issue which may be affecting your working life.



### 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.

### What about doctors who are not currently registered?

If you have been registered within the last 12 months or are seeking readmission to the GMC / GDC register, we can help you.

### How do I access the service?

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

**Email:** [prac.health@nhs.net](mailto:prac.health@nhs.net)    **Phone:** 0300 030 3300

You will be asked to complete some registration forms and then will have access to our bespoke app to arrange and book your initial assessment.



Practitioner Health

## CONTACT US

### NHS PRACTITIONER HEALTH

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

Telephone: 0300 030 3300

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

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

CLINIC LOCATIONS  
ACROSS ENGLAND



Practitioner Health



How to access

## Practitioner Health

Support for doctors and dentists with  
mental health or addiction concerns  
across England



Supporting the health of health professionals

# What is NHS Practitioner Health?

NHS Practitioner Health is a service for medical and dental practitioners in England, who are GMC or GDC registered, with mental health concerns or addiction problems, where this might be affecting their ability to work. The service is funded by NHS England to support the health of health professionals.

The service runs nationwide across England, and is led by Clare Gerada, a general practitioner with expertise in managing addiction and mental health problems and significant experience of treating health professionals. She is supported by a network of experienced clinicians and therapists.

## 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 professionals are entitled to the same level of confidentiality as other patients. Only in exceptional circumstances (for example where patients 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 has success rates for its practitioner patients:

- 88% remain in or returned to work during contact with NHS PH.
- 81% abstinent and attending NHS PH on a regular basis. (This compares to 10-20% of non-health professional population being abstinent.)

## What services do we provide?

NHS PH has seen over 8000 patients since its establishment in 2008. Doctors and Dentists 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 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 professionals with mental health or addiction issues. Referrers can be confident that we will work with them and other bodies such as the GMC, GDC etc. — 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 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)
- Access to community/in-patient detoxification and residential rehabilitation
- Access to local support and therapy groups
- Support and advocacy in facilitating 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:

- Doctors are more likely than the average person to suffer from problems with depression, anxiety and burnout.
- Up to 20% of doctors 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 suffer from work-related mental ill-health than other professionals.