THE NHS GP HEALTH SERVICE

- **can offer support to any GP or GP trainee who is registered on the National Performers List in England** or, who is looking to return to clinical practice after a period of absence and has mental health or addiction concerns.

- **is not an Occupational Health service**, it is a treatment service. GPH clinicians may link with local OH services to support a GP patient's return to clinical practice. If OH support is what you need, please contact the NHS England regional team to identify your local OH provider.

- **is not a replacement for mainstream NHS services**, nor is it designed to offer a second opinion. GPs who are currently supported by NHS mental health services would be encouraged to remain with their local treatment team, but could seek guidance on particular aspects of care, or support for return to work.

- **can offer independent support to GPs who are undergoing performance proceedings,** but it can not be used to provide health reports to inform PAGs or PLDPs. Formal assessment of health issues should be commissioned from a separate organisation.

The service is **self-referral only**.

This service will not accept referrals from third parties.

The service may be able to provide advice to third parties to effectively signpost GPs to self-refer, but the service will not approach GPs direct to help them access the service.

CONTACT US

NHS
GP HEALTH SERVICE

Central Services:
Riverside Medical Centre
Hobart House
St George Wharf
Wandsworth Road
London SW8 2JB
plus
Locations across England

Telephone : 0300 0303 300
Monday to Friday 8am-8pm
Saturday 8am—2pm
Email: gp.health@nhs.net
Website: www.gphealth.nhs.uk

NHS
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Self Referral

Web: www.gphealth.nhs.uk

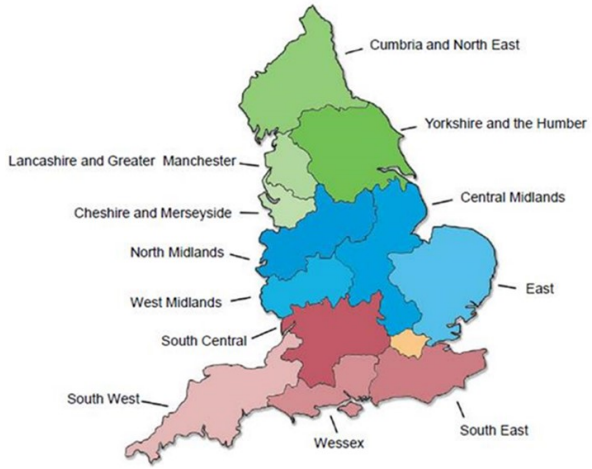
Tel: **0300 0303 300**

Email: **gp.health@nhs.net**

How to access the NHS

GP Health Service

Access to confidential mental health and addiction support for GPs and GP trainees across England



Supporting the health of health professionals

What is GPH?

The NHS GP Health Service (GPH) is a service for GPs or GP trainees across England, with issues relating to mental health concerns or addiction problems, often where this might be affecting their work.

The central service is based in London, and is led by Dr Clare Gerada FRCGP FRCPsych, a general practitioner with extensive expertise in managing addiction and mental health problems and significant experience of treating health professionals. We have experienced clinicians and therapists working from locations across England able to offer assessment and ongoing treatment.

GPH is a confidential service, which seeks to protect doctor-patients from the stigma associated with mental ill health and addiction. GPH aims to get doctor-patients healthy and working, whilst safeguarding their patients, making sure the doctor is well enough to see patients safely. GPH recognises that -

- Doctors are more likely than the average person to suffer from problems with drugs, drink and depression.
- Up to 20% of UK doctors become depressed at some point in their career.
- Doctors have higher standardised mortality rates in respect of cirrhosis, accident and suicide.
- Suicide rates among female NHS 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 professions.

GPH is hosted by the NHS Practitioner Health Programme which has significant success rates for its practitioner-patients

- 88.1% remain in or returned to work during contact with PHP.
- 81% abstinent and attending PHP on a regular basis. (This compares to 10-20% of non-health professional population being abstinent).

What services do GPH provide?

The GPH team have extensive experience delivering care to doctors as patients and have seen more than 3000 patients since 2008. We are a highly confidential service and recognise that GPs and GP trainees may not feel able to, or do not want to, access their local NHS service where they may have to receive treatment from their own colleagues, be seen in 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 addictions remain stigmatised conditions, even within the NHS and doctor-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 by a team of NHS professionals who are experienced in treating health professionals with mental health or addictions issues. We will only speak with employers, responsible officers and other bodies such as the GMC, with agreement and where it is necessary to protect the doctor patient and those they provide care for.

GPH protects its doctor-patients, and their patients, as well as the wider public, whilst improving the health of health practitioners.

GPH can provide:

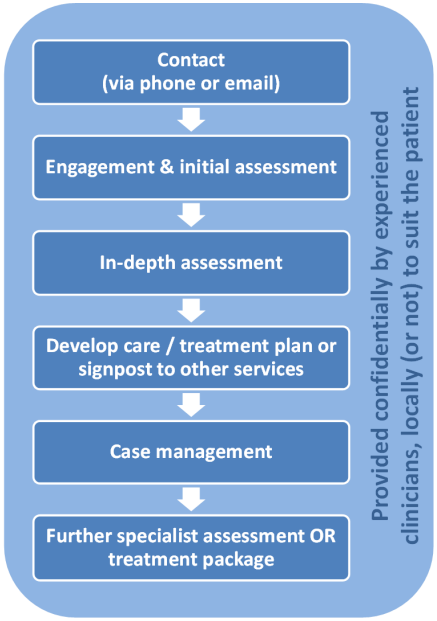
- Expert assessment usually within 48 hours
- Psychiatric assessment and treatment
- Medication
- Cognitive Behavioural Therapy
- Short term psychotherapeutic interventions
- Individual and group support
- Community detoxification
- Access to in-patient detoxification and residential rehabilitation
- Case management
- Support and advocacy in facilitating return to work
- Signposting to peer support and other sources
- Liaison with local health services as appropriate

GP Health Service NHS

How does the GPH service operate?

GPH operates via self-referral only. GPs or GP trainees can contact us via email or phone, or can complete the self-referral form on the website. They will then be offered a short telephone assessment, usually within 48 hours, and then be given access to our smartphone booking app. This enables doctor-patients to select a clinician and book their appointments at times and locations to meet their needs.

(If you don't have a smartphone or are unable to use the app the central office can arrange appointments for you).



Following assessment you and your lead clinician will discuss any treatment plans or next steps. You will be able to book future appointments with your lead clinician or suggested therapists/groups.

Your clinician and the central team will be available to support you via email, telephone and face to face throughout your treatment pathway, through to discharge from the service.