

# Mental Health Appointments in Your GP Practice

## Information for patients

### What is this service?

Your GP practice works closely with specialist Mental Health Practitioners from Essex Partnership University NHS Foundation Trust (EPUT). These clinicians are based within GP practices and local community settings to help people with mental health concerns get the right support as early as possible.

### Why have I been offered an appointment?

You may be offered an appointment if you are experiencing mental health difficulties and would benefit from speaking with a specialist mental health clinician connected to your GP practice.

### What will happen at the appointment?

Your first appointment is usually a short discussion to understand your needs and decide what support may be helpful. This could include advice, short-term support, or helping you access other services if needed.

### How will my appointment take place?

Appointments are usually offered face to face. This is the best way for us to understand your needs. If face-to-face is not right for you, you may be offered a video or telephone appointment.

### Where will my appointment be?

Your appointment may be at your GP practice, another practice within your local GP network, or a nearby community setting. The practice team will tell you where to go when your appointment is booked.

### If you need urgent help

If you feel unsafe or need immediate support before your appointment, please call NHS 111 option 2, or North East Essex Sanctuary 10am-11pm 0300 330 9492.

This service is part of your NHS care and works alongside your GP practice.

*For help accessing local health and wellbeing support, the Frontline app and webpage can connect you to various services including mental health support <https://essexfrontline.org.uk>.*