



# GP Health Service

## Practitioner Health Programme



### Psychological Therapies with Multi-Channel Choice

Practitioner Healthcare Programme and Efficacy are delighted to launch their joint service for the new national England-wide NHS General Practitioner Health (GP Health) service. Efficacy and PHP have worked together for 6 years in the Greater London area to treat NHS dentists, hospital doctors and GPs requiring psychological therapies and are now extending their partnership to encompass all GPH England-wide referrals.

GPs who are unable to access confidential care through mainstream NHS routes due to the nature of their role and/or health condition will be able to access a range of options for clients that follows NICE guidance for evidence-based treatments.

The multi-channel care reflects the best in mental health provision and recognizes the need to provide choice to its GP Clients. This includes remote delivery of therapies as well as face to face appointments. The remote models have been designed with GPs in mind understanding that they require consistently high quality therapy delivered by accredited senior therapists together with anonymity and schedule flexibility. Clients will be offered the chance to receive therapy over the telephone, skype and with a therapist-supported programme with the gold standard SilverCloud software platform.

*“Our experience of GPs suffering with mental health problems is that being treated in a confidential service is important to manage their access to therapy and engagement in a much-needed treatment”* explains Lee Grant (Clinical Director at Efficacy). *“We are honoured to work with such a critical group of people and look forward to supporting these clients back to health, and back to work.”*

*“Our England-wide service is extremely important in understanding the human side to GPs by recognizing that sometimes they do become unwell”* says Lucy Warner (CEO of PHP). *“Providing our GP clients, a high-quality range of treatment options, both remote and face-to-face reflects modern clinical practice in mental health and supports our goal of delivering accessible and confidential services”*

The Practitioner Healthcare Programme service is a self-referral service only and 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. Tel: 0203 049 4504 for details.

##Ends##

For more information – Lynne Simpson (NHS PRACTITIONER HEALTH PROGRAMME) [lynne.simpson5@nhs.net](mailto:lynne.simpson5@nhs.net)

NHS Practitioner Health programme see: [www.php.nhs.uk](http://www.php.nhs.uk)



# GP Health Service Practitioner Health Programme



## Notes to Editors:

For more information, please contact [Shamira Graham](mailto:shamiragraham@efficacy.org.uk), on 0207 9297911 or 07932 909369 or [shamiragraham@efficacy.org.uk](mailto:shamiragraham@efficacy.org.uk).

Cognitive Behavioural Therapy (CBT) is an evidence based short term psychological treatment for mental health disorders. CBT is fundamentally based on two principles: that thoughts and beliefs are connected to behaviour, moods, physical experiences and life events; and that the perception of an event affects emotional, behavioural and physiological responses to that event.

Clinical research has shown CBT to be a highly effective form of treatment for mental health conditions. CBT is recommended by the NICE Clinical Guidelines as the **treatment of choice** for [Anxiety](#), [Depression](#), [Obsessive Compulsive Disorder](#) and [Post Traumatic Stress Disorder](#). NICE also recommends CBT as a treatment for [Chronic Fatigue](#) and Low Back [Pain](#).

Efficacy is the UK's leading independent Cognitive Behavioural Therapy Service. It provides therapy, training and consultancy to [individuals](#), groups and [organisations](#). Efficacy is a team of 400+ highly qualified and experienced [BABCP accredited CBT therapists](#) (which is the gold standard for CBT). Efficacy was started in 2003 by Lee Grant who remains as the Clinical Director today.

Efficacy Company Details: [Efficacy Ltd, Head Office: 54-55 Cornhill, London, EC3V 3PD](#), 0207 929 7911, [www.efficacy.org.uk](http://www.efficacy.org.uk)

Efficacy is open 6 days a week from 8am – 8pm. London Clinics are located in [Cornhill](#), [Victoria](#), [Sevenoaks](#) and [Canary Wharf](#). 340+ [Nationwide CBT Clinics across the UK](#).

- ✓ 400+ gold standard accredited therapists nationwide
- ✓ Evidence-based practice with high standards of clinical governance and care
- ✓ 98% of our clients would recommend us
- ✓ 34% work-related clients