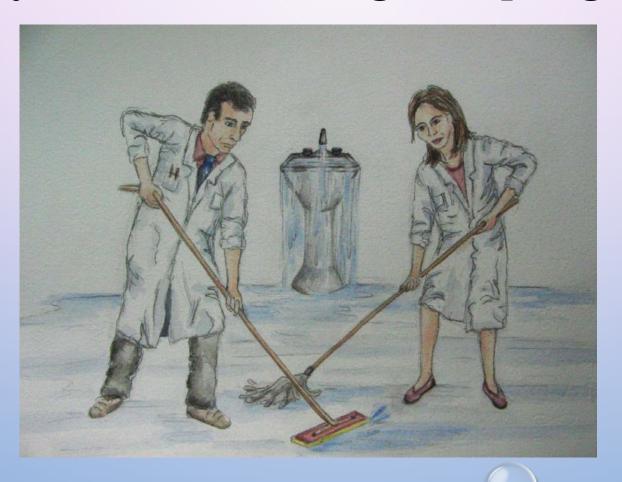
GP Health Service

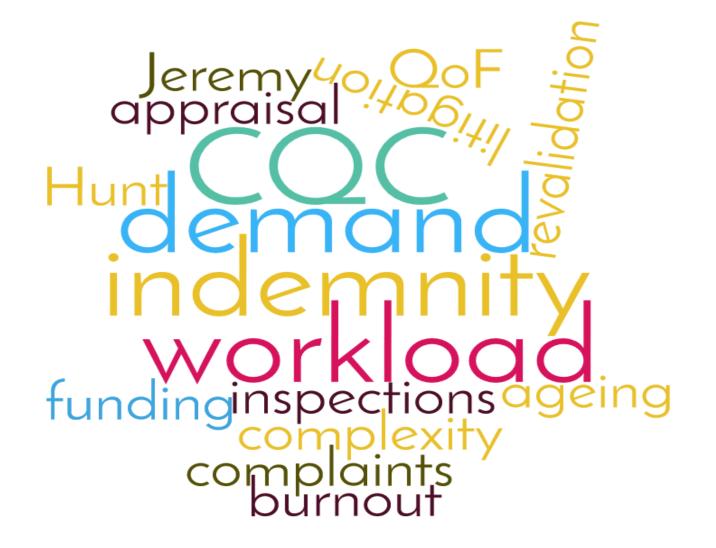
Mopping Up

Dr Zoë Neill

How do you treat bleeding oesophageal varices?



The Toxic Situation



Learning objectives

- Understand what GP Health is and how to access it
- Consider that GPs are humans too and can become mentally unwell

A GP can be mentally ill

- •85% of GPs experience mental ill health
- Only 39% would disclose it
- Risk of normalising GP experiences
- Late presentation more unwell

GP Health works

- 90 % recovery rate
- GPs get better quickly with relatively little help

How do you know if you're unwell?

- •PHQ 9/GAD7/Maslach burnout inventory
- Exhaustion physical/emotional/cognitive
- Alcohol/drug use
- Other people are concerned

What does GP Health Do?

- Self-referral only
- Initial telephone contact via London office for basic data
- Telephone triage with clinician for 15-20 minutes within 1-2 days
- Local face-to-face 1.5 hour assessment with clinician (usually GP)

What does GP health do?

- Ongoing case management assisted by MDT (London-based)
- Easy/quick access to CBT and short-term psychotherapy
- Group therapy for 'Practice Meltdown' situations

What does GP Health treat?

- Common and complex mental health problems
- Mental health problems related to a physical problem
- Substance misuse including community detox
- Rehab and return-to-work after period of mental illhealth

It's Confidential Not 'NHS Confidential' but CONFIDENTIAL



- •Monday Friday 8-8
- Saturday 8-2
- Not an emergency service

What GP Health isn't

- Not a replacement for the NHS
 - Can see your own GP too
 - Wraps around existing CMHT care plan
- Not an occupational health service works with OH



GMC

- Memorandum of understanding with GMC
- Less than 10% referred to the GMC (with their consent)
- Only 6 doctors referred without consent to GMC in 9 years

Wider Aims of GP Health

- Reduce stigma
- Create culture of doctors looking after themselves
- Try to change the wider system the toxic environment
 - e.g. data collection to influence policy
 - Supervision/reflective groups for GPs

How to get in touch

- •0300 030 3300
- •gp.health@nhs.net

Questions?