

Mental Health and Wellbeing

Every year up to 4 in 10 people will experience common problems, such as: low mood, anxiety, stress and low self-esteem.

The Practice works closely with the Medical Specialist Group on all matters relating to mental health and all patients (both adult and children) are treated in the strictest confidence.

Making the decision to ask for help can be difficult and sometimes the stigma surrounding mental health problems can stop people from seeking help. However, having the opportunity to talk can often enable you to feel understood and supported to get things back on track.

If you are experiencing such problems, you should always discuss the problem with your GP in the first instance. However, if you live in Guernsey, and are aged between 18 and 65 years the **Primary Care Mental Health & Wellbeing Service** may also be able to help. The service is provided by Health and Social Services and is funded by the Social Security Department on a pilot basis. It aims to provide *free and easy access* to evidence-based psychological therapies ('talking therapies') in suitable settings, e.g. your GP surgery or a community setting. The service is based on similar initiatives in the UK as part of the Improving Access to Psychological Therapies (IAPT) program, which aim to provide treatment for anxiety and/or depression at an early stage to prevent problems becoming more severe or longer term.

Please see brochure <http://www.gov.gg/CHttpHandler.ashx?id=5573&p=0>

If you have more complex mental health problems, you may be referred to a psychiatrist.

Patients under the age of 18 may be referred to CAMHS (Children and Adolescent Mental Health Service).

Private Counsellors are also available –

John Halker at The Grove Clinic www.grove-clinic.com/Grove_Clinic

Felicity Quevatre at Catalyst www.catalyst.gg

Philippi Guernsey <http://www.philippi.org.gg/about-philippi-guernsey>