NHS- Out of Hours GP 111	
NHS- Mental Health Crisis Line	111 (option 2)
Samaritans	116 123
MIND Crisis Helpline	01923 256391
MIND information line	0300 123 3393
MIND in Mid Herts	03303 208100
CGL	0800 652 3169
CALM	0800 58 58 58
Money Advice Line	01992 588 061
Crisis Messenger (under 25 years)	THEMIX 85258
Young Minds	Text YM85258
University of Herts Wellbeing	01707 284453
University of Herts 24/7 Helpline	0800 028 3766
Cruse	0808 808 1677
24/7 First Response Mental Health Helpline	
	0800 6444 101

'Without the Walk and Talk group, I would never leave my flat or have people to talk to and help me understand my problems.'

- Walk and Talk Group member

GP Plus have supported, listened and been a 'constant' help (and still are) during a highly traumatic period of my life. They have given me both objective and constructive support and reassuring advise during this dreadful period.

Hatfield Surgery User



Welwyn & Hatfield

# Primary Care Mental Health Services

HPFT Council of Governors 'Making a Difference' Award Winning
Team





# **Meet the GP Plus Team**

### Hatfield GP Plus Mental Health Practitioner

Jane Bozier- Mental Health Nurse with over 37 years' experience

### **GP Plus Recovery Practitioner**

Pauline Satchell – Background in Psychology with over 6 years of experience working in both mental health inpatient and community settings.

# **GP Plus Support Worker**

Natalie Spurling – Over 17 years' experience working in both mental health inpatient and community settings.

### **GP Plus Support Worker**

Abigail Nyadedzor – Over 3 years of experience working in both inpatient and community mental health settings.

### **Primary Care Administrator**

Libby Brown - 6 years' experience in GP's and mental health settings.

### Welwyn GP Plus Mental Health Practitioner

Jessica Tonwe – Mental Health Nurse with over 5 years' experience working in community and inpatient mental health settings.

### Am I eligible?

**GP Plus** Welwyn/Hatfield is open to anyone aged 18-65, registered with a Welwyn Garden City or Hatfield GP Surgery.

How can GP Plus

Support me?

By having a chat with a mental health

practitioner, providing

the opportunity to

discuss any issues,

allowing for signposting

to the appropriate

ervice, if necessary

Who might I be

signposted to?

The GP Plus Recovery

**Practitioner or Support** 

Worker, or specialist

services and agencies

located throughout

Herts and the UK.

### What is GP Plus?

A mental health team who work in collaboration withthe GP surgeries and the adult community mental health team.

### **GP Plus Anxiety Management Group**

Anxiety management group, a 6 week course covering anxiety, strategies to manage anxiety and share lived

### How can I access the service?

By booking an having a chat with your GP or University of Hertfordshire Wellbeing team.

### GP Plus Walk and Talk Group

Walk and Talk is a weekly meet up giving the oppurtunity to share experiences and stories. Great for both mental and physical well being.

# **Meet the ARRS Practitioners**

### Hatfield ARRS Mental Health Practitioner

Melissa Chieza – Occupational Therapist with over 2 years' experience working in both inpatient and community mental health services.

## Welwyn ARRS Mental Health Practitioner

Sibonile Sibanda – 15 years in both impatient and community settings, both adults and elderly age group.

### Am I eligible?

ARRS Welwyn/Hatfield is open to anyone aged 18+ years, registered with a Welwyn Garden City or Hatfield GP Surgery.

What presentations can we help with?

We can help with multiple mental health and physical health needs.

# Who might I be signposted to?

The GP Plus Recovery Practitioner or Support Worker, or specialist services and agencies located throughout Herts and the UK.

### How can ARRS Support me?

They can provide specialist mental health advice and consultations. Also facilitate onward access to mental and physicla health, wellbeing and biopsychosocial interventions.

### What is ARRS?

A mental health practitioner who work in collaboration with the GP surgeries and the adult community mental health team.

# How can I access the service?

By booking an appointment through your GP.

What does ARRS stand for?

ARRS stand for Additional Roles Reimbursement Scheme.