

Associate Psychological Practitioner (APP)

PRESTON PCN



WHAT IS AN APP?

The APP is a member of the surgery team who works on 'mental health prevention & promotion' to support patients with low level mental health & wellbeing difficulties, of all ages and backgrounds. The APP works with patients experiencing anxiety, low mood, sleep difficulties, stress and patients with a physical health problem that is impacting their mental health.

WHAT DOES AN APP DO?

- The APP will be able to offer you 4 sessions of brief psychological support and a (5th follow up appointment 4-6 weeks later), focusing on your difficulties and creating goals to enable you to work together with the APP to find solutions and learn to manage those difficulties better.
- Each session will last for 45 minutes and can be either face-to-face at your surgery, over telephone or video call.

HOW CAN I SEE AN APP?

- If this sounds like something that would benefit you, please contact reception and book in an appointment with your GP or Nurse to be referred into the service.
- If your referral is accepted, you will be contacted by the APP via telephone to arrange an appointment.

PLEASE NOTE, DUE TO AVAILABILITY THERE MAY BE A SHORT WAITING TIME TO SEE THE APP. THE MENTAL HEALTH PREVENTION & PROMOTION SERVICE IS NOT A CRISIS SERVICE. IF YOU REQUIRE CRISIS SUPPORT, PLEASE CONTACT THE SERVICES BELOW:

- NHS Talking Therapies (Preston) - 01772 773437 (or self refer online)
- NHS LSCFT Crisis Line - 0800 953 0110
- Samaritans - 116 123

Please Call 999 or attend A&E if you are in immediate danger