

## What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you. To enhance the existing practice team and assist you in achieving these aims, you can now book an appointment with a physiotherapist, social worker, and mental health practitioner. You will also have improved access to health visitors and district nurses.

Multi-disciplinary teams seek to address any issues that you face at the earliest opportunity, providing access to a range of experts who can provide you with the care, advice and support that you need.

- ▶ GENERAL PRACTICE
- ▶ PHYSIOTHERAPY
- ▶ MENTAL HEALTH
- ▶ PHARMACIST
- ▶ SOCIAL WORK
- ▶ DISTRICT NURSING & HEALTH VISITING



### Further Information

Further information about all of these services can be found at [www.health-ni.gov.uk/mdt](http://www.health-ni.gov.uk/mdt)

### Appointments

If you would like to book an appointment with the General Practice Mental Health Practitioner, please contact:



### Suggestions, Comments, Complaints

We value your opinions and will act on them whenever possible. If you have any feedback on the services you have received, please fill out a feedback form.

## General Practice Mental Health Practitioners



Your GP surgery now has a general practice mental health practitioner.

You can book an appointment with them directly without first seeing your GP.



**HEALTH AND WELLBEING 2026**  
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## What are General Practice Mental Health Practitioners?

General Practice Mental Health Practitioners have joined the multi-disciplinary team within your GP practice. They will work with you to help improve your mental health and wellbeing through early intervention, prevention and management of mental health issues, using a range of approaches to achieve this.

Good mental health is just as important as good physical health. One in four people in Northern Ireland will experience problems that negatively affect their mental health. While the things which affect your mental health can be very complex, there are many things that can be done to help support your mental wellbeing.



Your mental health practitioner can provide you with the tools and appropriate support that will enable you to improve and maintain good mental health and wellbeing.

If you are concerned about your mental health, you should seek support at the earliest opportunity.

## How can a Mental Health Practitioner help you?

### Your mental health practitioner is an expert who can:

- ▶ Provide an initial assessment
- ▶ Advise on management of your mental health
- ▶ Offer short term treatment
- ▶ Direct you to appropriate services
- ▶ Refer you to specialist mental health services

The mental health practitioner will work with you to ensure that you have the right support at the right time. They can offer a range of brief interventions to help you to self-manage common mental health problems.

Where you require on-going support, they will ensure that you access services that will enable you to address your individual mental health needs. These services may be in your local community or provided by your Health and Social Care Trust.

## Is this service right for me?

Yes, if you are concerned about your mental health and wellbeing. Examples may be:

- ▶ Stress
- ▶ Coping with bereavement
- ▶ Addiction issues (alcohol/drug/gambling etc)
- ▶ Depression
- ▶ Anxiety
- ▶ Suicidal thoughts
- ▶ Panic attacks
- ▶ Excessive worrying or negative thoughts

