**TLS MENTAL HEALTH PRACTITIONER**

We are pleased to introduce to you Kate our appointed Mental Health Practitioner. Kate joined the practice in December 2023.

Kate can see patients with the following conditions/concerns:

• Patients who are not currently receiving treatment or therapy

• Symptoms or people with diagnoses of psychotic illnesses

• Anxiety

• OCD traits

• Autism

• Phobias

• Low mood/depression

• PTSD

• Stress

• Negative thoughts/rumination

• Frequent mood changes

• Eating issues/eating disorders

• Self-harming behaviours

• Personality disorders

• Suicidal thoughts

Unfortunately, Kate is unable to see:

• Patients who are seeking medication only, medication reviews or

adjustments

• Patients who are already receiving talking therapies or treatment (including from private providers)

• Patients who are under secondary mental health care (e.g. Recovery team/crisis team etc.) Please contact the team directly to discuss any concerns.

• Under 18s

• Patients with a confirmed diagnosis of dementia

There are also lots of resources to help you self-manage and support you.

Below are some links:

www.iapt-bristol.awp.nhs.uk/

www.mind.org.uk

www.nhs.uk/livewell

www.ntw.nhs.uk