

Emotional health and wellbeing services



About Us

Why we do what we do...

Our health is the most important thing we have but too often, life gets in the way.

So we struggle through and health gets put on hold.

Doctors Clinic Group is here to change that because we believe everyone deserves the opportunity to put their health first.

Mental health illnesses are rising



Around **1 in 4 people** in the UK will experience a mental health problem each year¹.



1 in 6 people in England report experiencing a common mental health problem such as anxiety or depression in any given week¹!



54% of all working days lost are due to stress, depression or anxiety².



The cost to UK business alone is conservatively estimated to be **£35bn per year**. What can be done? ³



Helping businesses and employees every step of the way

ASSESSMENT

With our diverse offering we can diagnose and support any mental health condition from mild stress and anxiety to longer-term mental disorders.



TREATMENT

Employees can quickly talk to a mental health professional and be advised on what to do next i.e. lifestyle change, medication or onward referral to a specialist.

WORKSHOPS + EDUCATIONAL DAYS

Our diverse literature helps to educate employees on what mental health is and how to help those who might be struggling.



FAST REFERRALS

Same day access for diagnosis and onward referral. GPs/OH will refer to our expert panel of mental health specialists.

MENTAL FIRST AID TRAINING

Mental Health First Aid (MHFA) training equips employees with the skills they need to cope with and help support those with mental ill-health issues in the workplace.



ONGOING CLINIC AND VIDEO SUPPORT

Employees can receive ongoing GP/OH/Psychological and/or psychiatric support through face-to-face, telephone or video appointments.

How we support your business:



MENTAL HEALTH AUDIT/ASSESSMENT

Standardised wellbeing audit to ensure that your company has all the correct measures in place to help treat mental health effectively.



SEMINARS, WORKSHOPS AND EDUCATIONAL DAYS

Our diverse literature helps to educate employees on what mental health is and how to help those who might be struggling.



MENTAL HEALTH FIRST AID TRAINING

Training to equip employees with the skills they need and help support those with mental ill-health issues in the workplace.



OCCUPATIONAL HEALTH ASSESSMENTS

Early intervention and return to work/stay at work support



MENTAL HEALTH DIAGNOSIS & TREATMENT

With our diverse offering we can diagnose and support any mental health condition from mild stress and anxiety to more complex mental disorders.

How we support your staff:



WELLBEING RESOURCES

Our diverse literature helps to educate employees on what mental health is and provides useful tips of how to manage it and support others who might be struggling.



MENTAL WELLNESS SCREENING TOOL

Online standardised screening tool which provides insight into whether you might be struggling with a mental health illness allowing for early action to be taken.



QUICK REFERRALS

Same day access for diagnosis and onward referral. GPs/OH will refer to our expert panel of mental health specialists or NHS.



FAST ACCESS TO TREATMENT

Employees will quickly be advised on what to do next i.e. lifestyle change, medication or onward referral to a specialist or NHS.



ONGOING CLINIC, TELEPHONE AND VIDEO SUPPORT

Employees can receive ongoing GP and psychiatric support through face-to-face, telephone or video appointments.

A mental wellbeing revolution

Being able to offer both GP and occupational health services means we can help with a wide variety of common mental health issues.

From helping to foster a mentally healthy and resilient workplace, to accessing a more specific intervention for an employee, the Wellbeing Pathway makes accessing the right resources quick and easy.

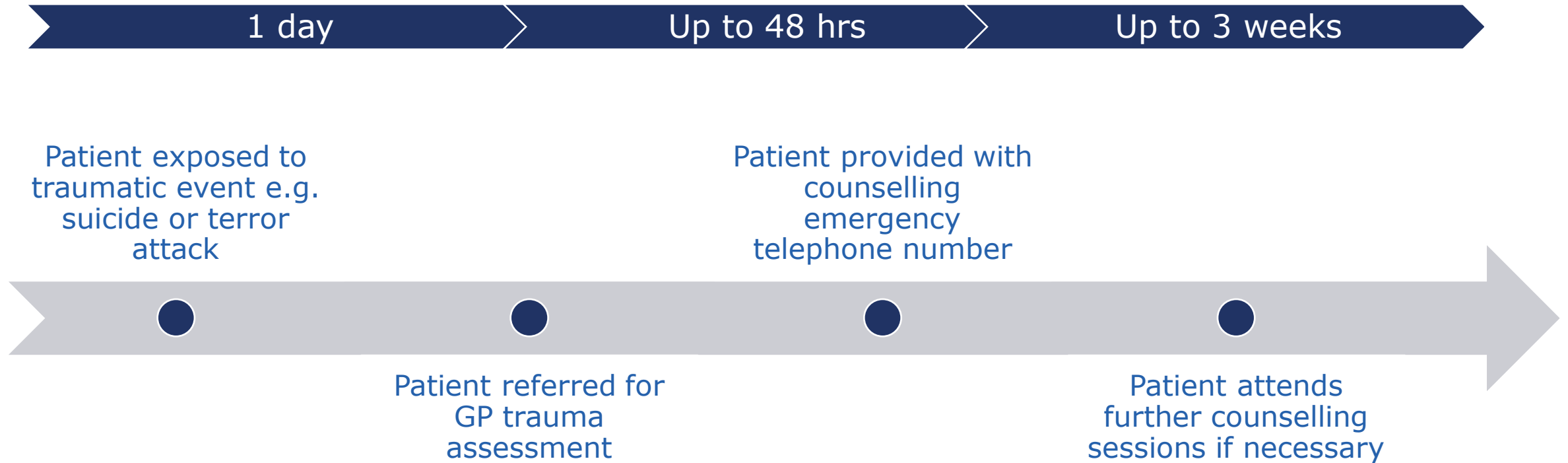
Getting access to the right support quickly can often be difficult due to stretched local resources, waiting times or simply not knowing what support is needed.

With our wide range of services we can help you get the most effective support for your team including quick access to psychological treatment - such as counselling and CBT.

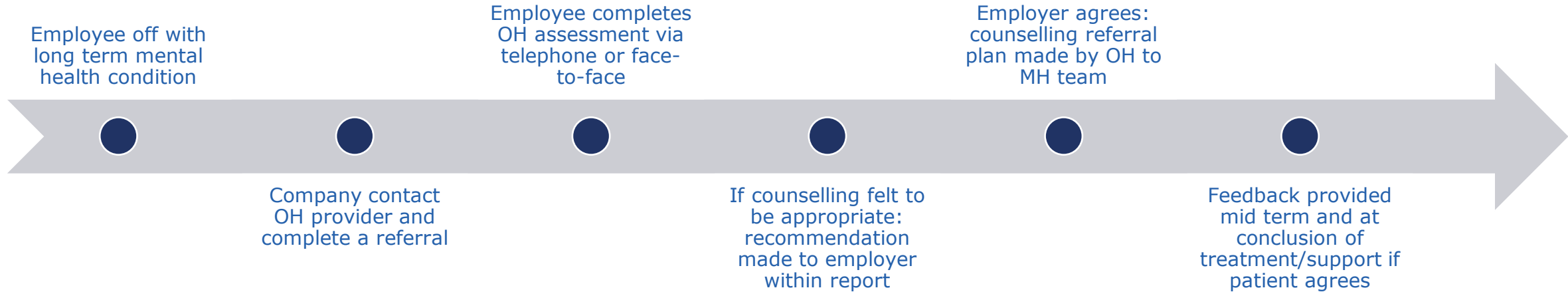
Common mental health problems and scenarios we can help with:

- Workplace stress
- Anxiety
- Panic disorder
- Obsessive-compulsive disorder
- Grief
- Depression
- Post-traumatic stress disorder

Helping you through traumatic events

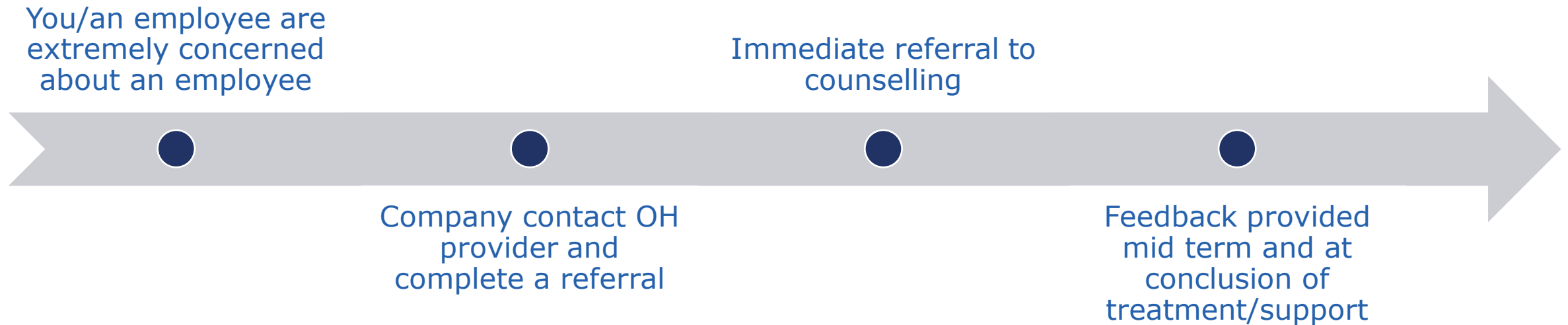


Long term sickness



It is important that to remember employers have a legal obligation under the Equality Act to consider making reasonable adjustments where appropriate.

Acute presentation and burnout



Why choose us?

→ **A full support system**

The DCG mental health pathways provides you and your teams with a full support system for managing mental health and wellbeing in the workplace. From preventative support to early intervention and long-term care we can help.

Our extensive, end-to-end mental health pathways provides you and your teams with an easy to navigate full support system for proactively and reactively managing mental health and wellbeing in the workplace and is embedded within our wider health offering.

→ **Quick and easy access**

Helping your employees get the employee get the support they as quickly as possible.

It takes up to 12-18 weeks to see a psychiatrist in the NHS, we provide access within 48 hours and, if possible, quicker in an emergency

→ **Nationwide coverage**

No matter where your employees are, we will be able to offer them support

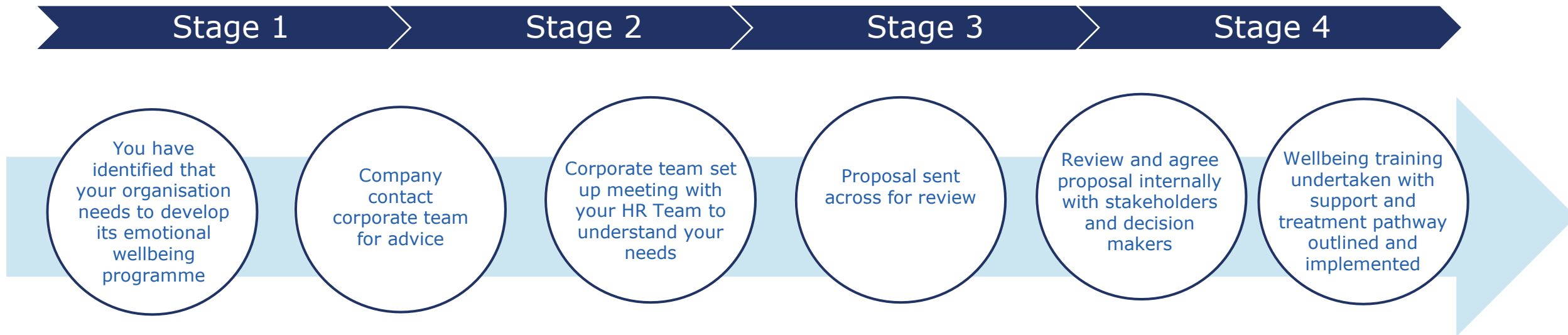
→ **PMI Accredited**

Our mental health pathways are PMI accredited.

Do life well



Next steps:



It is important to ensure that your employees have the correct information about mental health at their disposal.

Contact

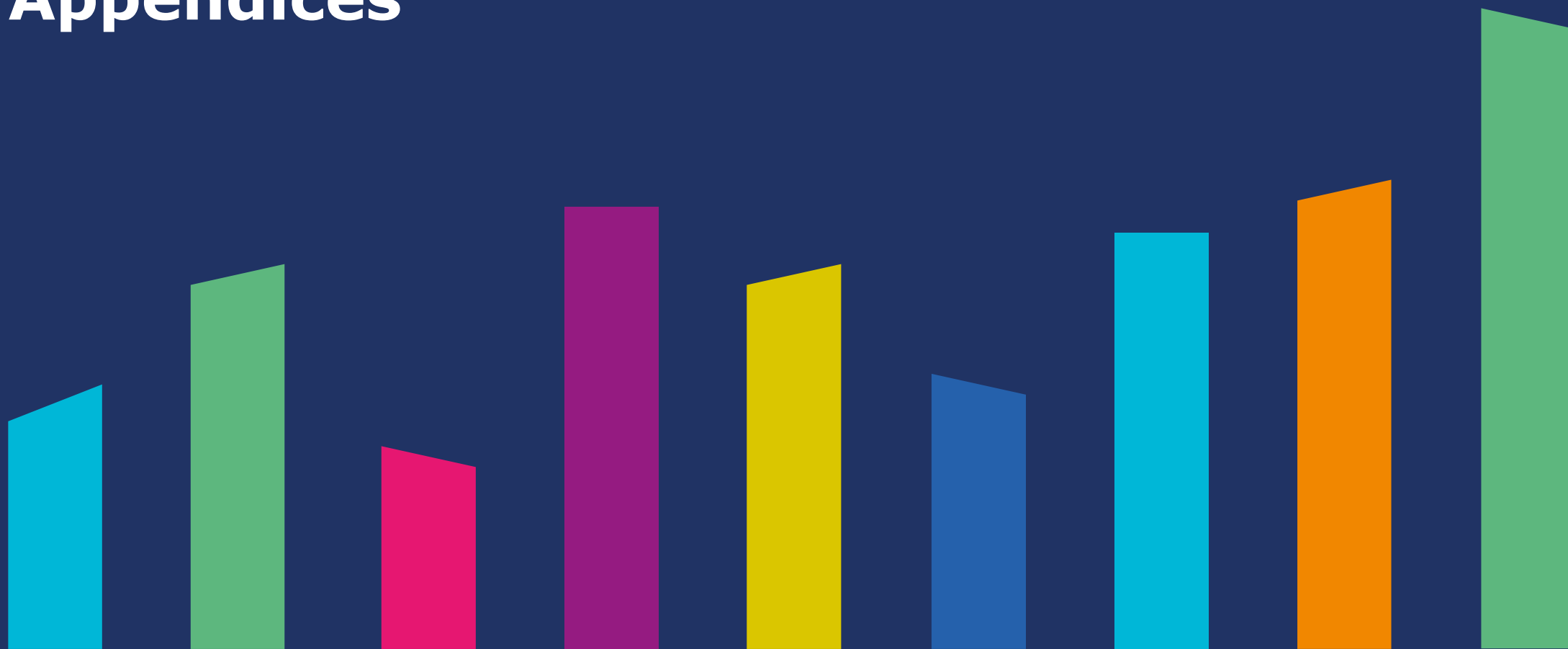
More information on these and other services is available by contacting

Email: corporate@londondoctorsclinic.co.uk

Direct Line: 020 3922 1271

londondoctorsclinic.co.uk

Appendices



Mental health treatment options explained:

Psychology

- Cognitive Behavioural Therapy (*Anx'/dep'/OCD etc.*)
- Dialectical Behavioural Therapy (*Personality disorder*)
- Psychodynamic Therapy (*Behavioural therapy*)
- EMDR (Eye Movement Desensitization and Reprocessing) – (*especially for PTSD*)
- Counselling – (*Bereavement, relationships, Loss*)
- Mindfulness – (*Anti Stress techniques & helps focus*)

Psychiatry

- Expert opinion from a Specialist
- Gathering of historic information from current GP/specialist
- More in depth assessment if necessary
- Diagnosis based on ICD 10 criteria
- Prescription of medication as necessary
- Follow up

FAQ's:

→ How long will it take me to receive the occupational health report back?

Acute issues are raised immediately. Full recommendations are provided within 3 working days.

→ How long would I have to wait for a counselling session?

You would be able to have a counselling telephone session within 2 working day and face to face session within 4.

On the NHS it usually around 8 - 12 weeks

→ How long is a counselling appointment?

Counselling appointments are usually an hour long; psychiatry initial appointments are an hour long and follow-up appointments are 30 minutes long

FAQ's:

→ How long would I have to wait to see a psychiatrist?

Following our fast referrals you would be able to gain access to a psychiatrist within 4 working days.

→ How long would I have to wait to see a psychiatrist on the NHS?

Anything from 6 - 18 weeks depending on location

→ Will I be able to get a prescription/repeat prescription from the psychiatrist?

We operate an online prescription request service which will allow you to request your prescriptions without leaving the office/home.

Pricing

Description	Price to Patient/Client
15 minute GP appointment	£55.00
30 minute GP appointment	£90.00
45 minute GP appointment	£120.00
60 minute GP appointment	£145.00
Video GP Consultation	£20.00
Occupational health assessment and report	£274.00
60 minute Psychiatric video appt	£300.00
30 minute Psychiatric new patient assessment	£350.00
60 minute Psychiatric new patient assessment	£395.00
30 minute Psychiatric follow-up	£225.00
50 minute Psychology/Psychotherapy session	£160.00
60 minute Counselling	£160.00

References:

1. MHFA England (2019). [Online] Available at: <https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/> [Accessed 28th February 2020].
2. HSE (2019). [Online] Available at: <https://www.hse.gov.uk/statistics/causdis/stress.pdf> [Accessed 28th February 2020].
3. Centre For Mental Health (2019). [Online] Available at: <https://www.centreformentalhealth.org.uk/publications/mental-health-work-business-costs-ten-years> [Accessed 28th February 2020].