

What are General Practice Mental Health Practitioners?

Good mental health is just as important as good physical health, and maintaining it should be a priority for everyone. One in four people in Northern Ireland will experience problems that affect their mental health. Those with mental health problems often face stigma and discrimination, and fear of these can prevent them from getting help and hinder their recovery.

Often a few simple things may be all you need to protect your mental wellbeing.

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



Further Information

Further information about all of these services can be found at www.health-ni.gov.uk/mdt

Appointments

If you would like to book an appointment with any of these new services, 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 Multi-Disciplinary Teams



To complement the existing staff within GP practices, three new practice based roles have been created:

- ▶ First contact physiotherapists
- ▶ Social workers
- ▶ Mental health practitioners

You can book an appointment with any of these services directly without first seeing your GP.



HEALTH AND WELLBEING 2026
DELIVERING TOGETHER

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

What are First Contact Physiotherapists?

Our first contact physiotherapists are experts in problems with your joints, muscles and soft tissue (back pain, neck pain, painful joints or sprains and strains).

We can:

- ▶ Diagnose your condition
- ▶ Offer you advice and exercises to manage your condition
- ▶ Order tests
- ▶ Prescribe medication
- ▶ Request x-rays
- ▶ Refer you to another service if required
- ▶ Direct you to community based activities

The physiotherapist will give you advice and may provide you with exercises and discuss medication. If they feel you require a course of physiotherapy treatment they can refer you or advise you to self-refer. They will be able to discuss medication that may help you, and may also prescribe some medication.

What are General Practice Social Workers?

Social wellbeing affects how people feel about themselves, how well they function and the overall quality of their life. Social workers work with individuals, families and communities to improve their social wellbeing.

Types of Support Provided

The sort of things that we could help you with are:

- ▶ Isolation or loneliness
- ▶ Carer support
- ▶ Relationship difficulties
- ▶ Parenting difficulties
- ▶ Housing difficulties
- ▶ Stress
- ▶ Bereavement and trauma
- ▶ Alcohol and drug addiction



Together we can:

- ▶ Discuss any issues you are facing
- ▶ Explore what is important for you
- ▶ Agree what help we can offer you
- ▶ Provide you with support

