

We're here to help you

Mental Health Therapists and
Practitioners are part of your
general practice team

We can help by:

- carrying out assessments
- providing advice and support to manage your condition
- supporting you to access appropriate mental health services and community resources.

Talk to the reception team to
find out more.



Your
health
matters

Help us
help you

Nicole Howard
Cognitive
Behavioural
Therapist