



Primary Care Plus
Mental Health Service

Central London Healthcare



Primary Care Plus (PCP) Mental Health Service



**We can help you
with a range of
mental health issues**

**Your GP can make a
referral through the PCP
service for a suitable
talking therapy for you**

**PCP will contact you
to offer you a choice of
services, locations and
times for your appointment**

**We can also advise you on
services such as benefits,
employment & training,
volunteering and befriending**

For more information please call

020 7535 8330

or email us at: **pcp.mentalhealthservice@nhs.net**

Open:

9am to 5pm Monday - Friday

No Health Without Mental Health

NOTE: As with all treatment services, if you are worried about your health or your condition worsens, you should contact your GP, NHS 111 or 999 service, as appropriate.

There are a number of talking therapies including counselling and Cognitive Behavioural Therapy (CBT) available through the PCP Mental Health Service.

Your GP and the PCP team will be able to give you more information about these options and support you to get the right therapy for you - all the therapies are designed to help you live your life the way you want to.

PCP offers information in different languages and formats. Interpreters are also available.



For more information on the PCP service go to our website:

www.centrallondonhealthcare.co.uk

To contact us or give feedback on the PCP service please email us at

pcp.mentalhealthservice@nhs.net

or phone us on

020 7535 8330



The PCP Mental Health Service is commissioned by NHS Central London Clinical Commissioning Group and delivered by Central London Healthcare.