



COVID-19 CLINICAL SOLUTIONS

<p>What did you do?</p> <p>Expanded the psychological support NHS Practitioner Health provides to doctors during these difficult times; including range of on-line well-being services (yoga, mindfulness, choir), daily doctors common room, peer support, webinars, Apps, small support and psychotherapy groups and individual therapy.</p>
<p>Who are you?</p> <p>Clare Gerada Lucy Warner Zaid Al-Najjar</p> <p>Practitioner Health Riverside Medical Centre St George Wharf Wandsworth London</p>
<p>What was the problem?</p> <p>Moving from entirely face-to-face service, providing doctors with mental health and addiction services to one which is now all on-line; expanding our offering to include a range of well-being, support, information and mental health care. This required programme of recruitment of therapists, training to use on-line platform to deliver services, working with others to coordinate care, enhancing our services to include medical students and returned retirees.</p>
<p>What was the solution?</p> <p>Over a space of four weeks we have worked hard with key stakeholders and doctor groups to determine what is needed, how best to provide and what the resource and other requirements are needed. We also raised money to provide new services.</p>
<p>Where can we find out more?</p> <p>Please visit https://www.practitionerhealth.nhs.uk And see what we can provide you to help with your psychological well being over these difficult times</p>