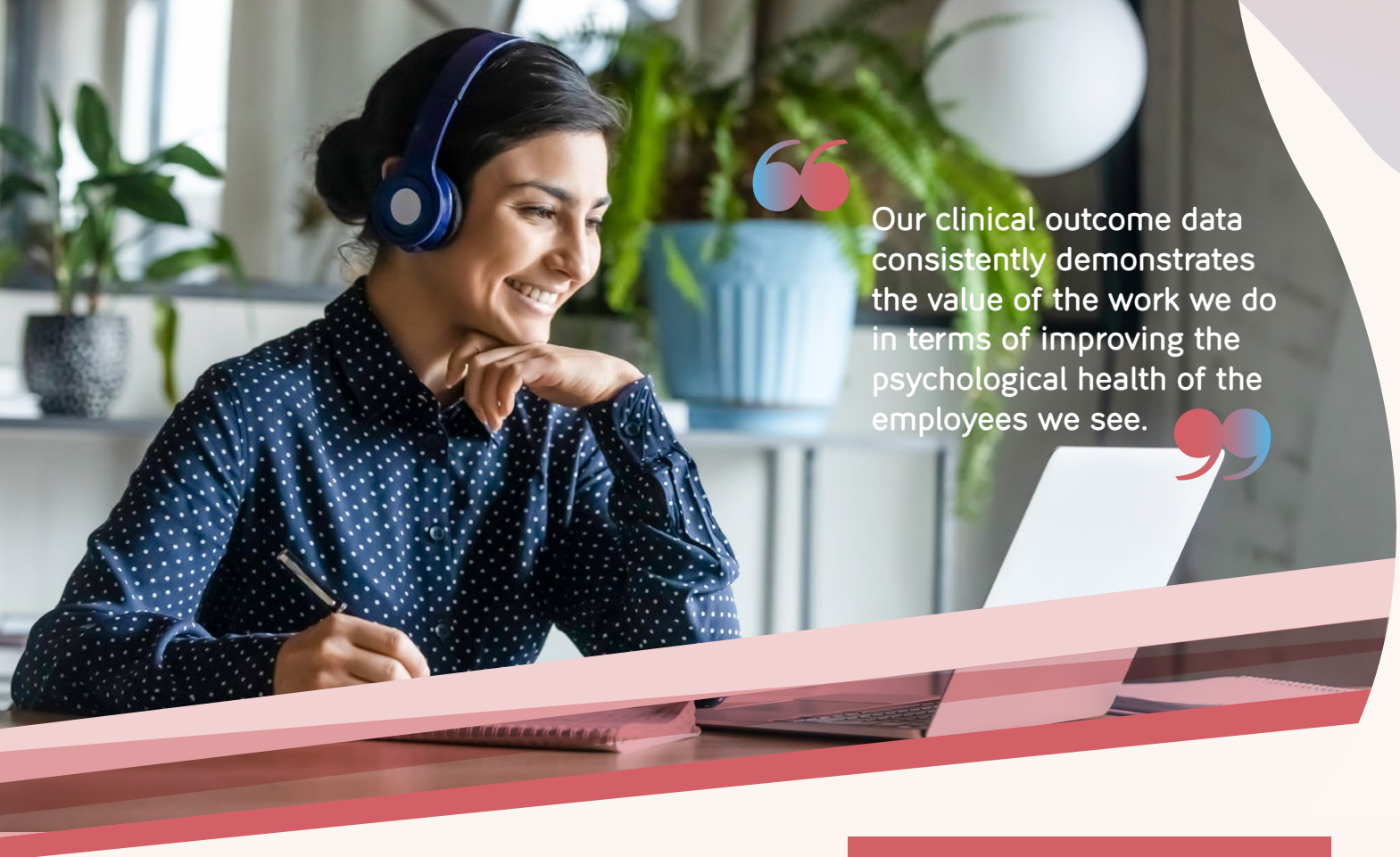


Advancing mental healthcare





Our clinical outcome data consistently demonstrates the value of the work we do in terms of improving the psychological health of the employees we see.



who we are

Psych Health delivers innovative, outcome-driven mental health services by nurturing a leading team of clinicians and the use of smart systems.

Psych Health is dedicated to improving people's wellbeing through the provision of comprehensive, end-to-end mental health services which match the right support to individual patient need, integrated with support for physical wellbeing and lifestyle.

We have particular expertise in the delivery of mental health services within the workplace. We have a long track record of working with occupational health teams to deliver a linked-up approach to employee care. This enables OH teams to provide timely, psychologically informed advice to employers and optimises the health and wellbeing of employees.

"I have found Psych Health a proactive service which has been able to see employees quickly and nip issues in the bud by providing support, enabling employees to stay at work. I'm confident that the service is cost effective in that it has reduced Income Protection claims within my organisation, and I feel that it has enhanced our employees' relationship with the business."

Senior Manager, UK Benefits,
Multinational Financial Sector
Company



We have clear evidence to demonstrate that our clients are able to make cost savings through the use of our service.



services

We specialise in rapid access to high-quality, comprehensive mental health services, integrated with physical wellbeing and lifestyle support.

TALKING THERAPIES

Our primary service is the provision of talking therapy. We provide the full range of evidence-based talking therapies, using a pluralistic range of mental health professionals which allows flexibility to meet patients' needs, including clinical and counselling psychologists, CBT therapists and counsellors.

CHILD AND FAMILY SERVICES

We are able to offer a range of individual and family group talking therapies to employees' family members, using mental health professionals who have received specific training in working with children and families, as well as clinical and counselling psychologists.

PSYCHIATRY

Our psychiatrists are medically trained doctors specialising in the pharmacological treatment of mental health disorders. They can undertake medication reviews and assist in the management of medical and mental health conditions.



PHYSICAL WELLBEING AND LIFESTYLE

By attending to physical health wellbeing needs as well as mental health needs, we provide individuals with a holistic approach.

RANGE OF ASSESSMENTS

- **Neurodivergent Conditions** We offer a range of diagnostic assessments for autistic spectrum conditions and ADHD, and we have clinicians who are experts in delivering psychological treatments for people with these conditions.
- **Vulnerable Role Assessments** Specialist, role-related assessments can be conducted for people at increased risk of psychological harm due to the nature of their role, using our own clinically validated online tool that can undertake these assessments at scale.
- **Cognitive Assessments** We offer expert assessments undertaken by neuropsychologists to assess cognitive function, which are useful for people who may have suffered brain injury or who may suspect cognitive decline because of ageing.

CRISIS SUPPORT

Our team of registered mental health nurses are available to assist in managing any crisis and work towards reducing the risk levels of situations until they are safe again.

WORKSHOPS

We can provide bespoke workshops for clients, tailored either for Human Resources communities or for the wider workforce. Examples of these might be Stress Management, Mental Health Awareness, Resilience, Mindfulness.

ORGANISATIONAL CONSULTANCY

We provide consultation to organisations in relation to the management of difficult situations that may arise within the workplace. This may be relevant where difficulties reside within team functioning, as well as a result of the nature of the work impacting significantly on individuals and teams.



what we help with

Our services can help people in coping with a wide range of difficulties.

Experiencing these kinds of difficulties can have a profound effect on an individual, both in terms of their performance at work and in their life more widely.

We offer specialist treatment for many conditions, including:

- STRESS
- ANXIETY
- DEPRESSION
- POST-TRAUMATIC STRESS DISORDER
- ADJUSTMENT TO DIFFICULT LIFE EVENTS
- CHILD AND FAMILY PROBLEMS
- RELATIONSHIP ISSUES
- EATING DISORDERS
- GRIEF AND BEREAVEMENT
- WORK-RELATED ISSUES
- BURNOUT
- SLEEP PROBLEMS
- PHOBIAS
- OBSESSIVE-COMPULSIVE DISORDER
- COVID-19
- DETACHMENT
- PERINATAL AND POSTNATAL WELLBEING
- INDECISION AND CONFLICT
- ADDICTIVE BEHAVIOURS
- HABIT DISORDERS
- SEXUAL DIFFICULTIES
- ANGER MANAGEMENT
- BODY IMAGE ANXIETY
- LOW SELF-ESTEEM
- NEURODIVERSITY
- LONELINESS



service coverage

We are able to respond to the needs of clients whose employees work across multiple sites around the UK, providing a consistent approach and service no matter where in the country an employee is seen.



We offer access to our services via onsite clinics across the UK and via remote videocall.



quality clinical work

Established in 2008, Psych Health is led by clinical directors and founders Dr Ben Barnaby and Dr Joe Buckman, who founded the business to provide organisations and their people the highest-quality mental health services.

Our core values are at the heart of everything we do.

RELATIONSHIPS

We are committed to building long-term, supportive relationships with our clinicians and our clients.

QUALITY

We strive to meet the highest standards of clinical care and customer service.

ACCOUNTABILITY

Ensuring we meet the standards we set ourselves.

EMPOWERMENT

We believe that a supportive environment helps us all, both Psych Health staff and patients, to make progress and achieve good mental health.



Our organisational culture aims to help clinicians work together and feel empowered to develop and, through that process, to deliver the highest level of care to our patients.



Convenient and rapid access to a nationwide team of highly skilled mental health practitioners

401 nationwide clinical locations

301+ specialisms offered by our clinicians

41 we offer talking therapy in 41 languages

93,328 appointments offered in last 12 months



Our central service is the provision of talking therapies.



why choose us

EXPERT TEAM

We deliver our services using an expert in-house team of clinicians, including clinical and counselling psychologists, psychiatrists, CBT therapists and counsellors, supported by an associate network. This enables us to offer the full range of evidence-based talking therapies and associated mental health services, all within our industry-leading clinical governance structures, which provide a safe, quality-assured and accountable environment for patients to receive care.

WORKPLACE FOCUSED

Issues arising within the workplace can lead to potential difficulties for employees, employers and clinicians. All our clinicians are workplace focused and experienced. We provide regular trainings for clinicians on both workplace-related and occupational health issues.

RAPID ACCESS

We aim to offer all initial appointments within seven calendar days of receipt of referral information. This is because we recognise the importance of timely intervention in maximising the potential for positive outcomes.

ROBUST OUTCOME MONITORING

We are committed to demonstrating to clients that our service works. We have a keen interest in working with clients to seek data that will enable them to establish the benefits of the service from a business perspective, as well as a clinical one.

PARTNERSHIP WORKING

We liaise with referrers with regard to the clinical management of employees at all stages in the pathway: pre-referral discussions as necessary; post-

assessment and post-treatment clinical summaries to referrers as standard; liaison during treatment as necessary.

OCCUPATIONAL HEALTH

We have an integrated model in which we work closely with occupational health services, which ensures that psychological treatment does not occur in a vacuum. The provision of work context-focused reports is key to this. These inform and assist occupational health professionals in their advice to employers and in the management of employees.

ORGANISATIONAL

Psych Health offers a range of services specifically designed for organisations. For example, workshops designed for the Human Resources community, managers or employees, around issues such as stress management, resilience and mindfulness. We also seek regular feedback meetings with our clients to highlight issues and discuss the use of the service, and how this can be improved.



testimonials

"The treatment received and service offered have made a great difference to my outlook on life."

Client employee

"I have been able to use the services of Psych Health since 2009 to support employees whom I see and refer from my work as an occupational physician. My clients are mostly in the financial and legal services sectors and so their staff are vulnerable to the effects of highly pressurised lives in the city. Psychological disorders are therefore extremely common, and so I have a frequent need to refer my patients to Psych Health. I have never had a patient come back to me with anything but the highest praise and appreciation for the care they have received from the organisation. Psych Health offer assessment and treatment promptly, and this is particularly appreciated in an area where the duration absence from work is a priority and prompt restoration of psychological functioning paramount.

Psych Health provide excellent care that is always evidence based, and they rapidly assist patients to recognise the issues, gain insight and develop strategies for regaining their mental wellbeing. The reports I receive back from Psych Health contain appropriate levels of detail to assist me in planning return to work with confidence.

I am happy to say that Psych Health are, without question, the most professional and outstanding psychologists I have met, and I am fortunate to be able to refer my patients to them, secure in the knowledge that they will be well cared for. I often say to patients that they are so good I would happily refer any of my family to them if it were ever needed!"

Consultant Occupational Physician,
Nationwide Occupational Health provider

"I found the whole process very helpful from the organisation of sessions to the level of assistance. This has been of great benefit to me, and I'd like to thank the psychologist for his support during this event."

Client employee

"I was very impressed with the quality of service received. This started with the streamlined simplicity of referral from occupational health to being able to book appointments at Psych Health virtually immediately. Everything was very straight forward and very well organised. The administrative effort required was minimal - which is great! The location and quality of the meeting place was excellent. I was very impressed indeed with the psychologist and the way in which he assisted me. I feel very different now to how I felt when we were first introduced. He was a great listener, but equally was very good at challenging the things that I said and making me think much more broadly than I had been. I looked forward to our meetings and found them very, very useful."

Client employee

"Psych Health provide excellent care that is always evidence based, and they rapidly assist patients to recognise the issues, gain insight and develop strategies for regaining their mental wellbeing."

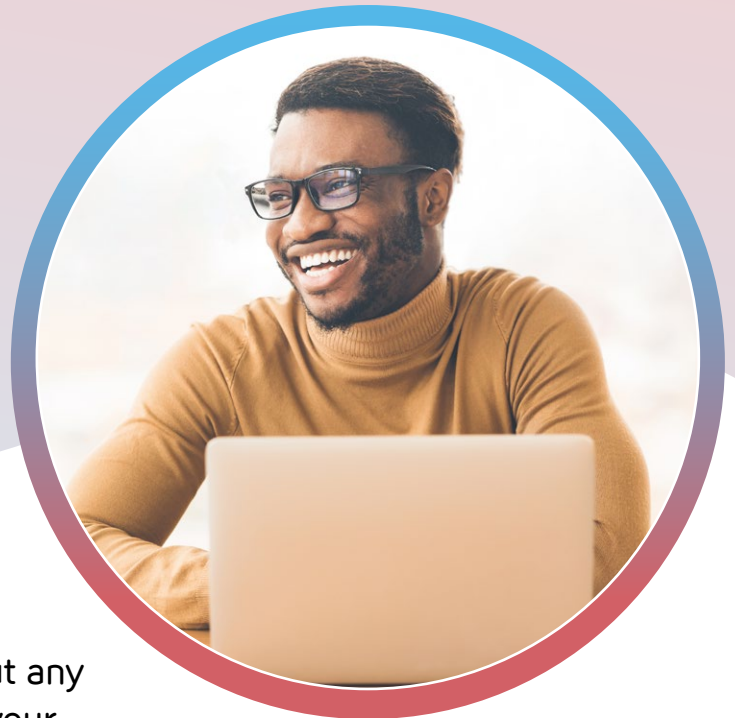
Consultant Occupational Physician,
Nationwide Occupational
Health provider



grow with us

Our people mean everything to us, and we are always looking for talented mental health professionals to help us keep raising standards and to push us to even greater heights of service delivery as we continue to grow.

If you would like to be part of Psych Health, please contact us below.



If you would like further information about any of our services, or would like to discuss your requirements, please contact us on:

020 3821 1452

contact@psyhealth.co.uk

www.psyhealth.co.uk

A Health Partners Company