

# Mental health



Mental health services are provided across primary, secondary and tertiary care

- **Arts therapist** — Art therapy is a form of psychotherapy that uses art media as its main mode of expression and communication. Art therapists / art psychotherapists use art as a medium to address emotional issues which may be confusing and distressing.
- **Clinical psychologist** — Clinical psychology deals with a wide range of mental and physical health problems including addiction, anxiety, depression, learning difficulties and relationship issues.
- **Counselling psychologist** — Counselling psychology deals with a wide range of mental health problems that may occur such as common mental health disorders including depression, in addition to eating disorders, psychosis, personality disorder, negative life events, bereavement, domestic violence, sexual, emotional and physical abuse, traumas and relationship issues.
- **Creative therapy support worker** — Arts and crafts can be used as part of a person's therapy as a way of helping them deal with their issues.
- **General practitioner (GP)** — Doctors who treat all common medical conditions and refer patients to hospitals and other medical services for urgent and specialist treatment. They focus on the health of the whole person combining physical, psychological and social aspects of care.
- **Mental health nurse** — Promote and support a person's recovery and enable them to have more involvement and control over their condition.
- **Mental health nursing associate** — Work with healthcare support workers and registered nurses to deliver care for patients and the public.
- **Occupational therapist** — Work with people who have difficulties carrying out daily activities because of disability, illness, trauma, ageing, and a range of long term conditions.
- **Psychiatrist** — Medically qualified doctors who contribute to the management and treatment of adults with mental health problems.
- **Social worker** — Work with individuals and families to help live more successfully.
- **Support, time and recovery worker** — Provides practical support to adults and young people who have mental health issues or a learning disability.