

# Mental Health Therapists and Practitioners

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Mental health professionals in general practice may also be known as Psychological Wellbeing Practitioners, High Intensity Therapists or Cognitive Behavioural Therapists and work as part of 'Improving Access to Psychological Therapies' (IAPT) services.

They specialise in mental health and use a range of talking therapies to help people with common mental health conditions such as anxiety, depression or post-traumatic stress disorder. Sessions are usually one-on-one but can also be in couple or group settings, by phone or online. Referral can be via your GP or directly via a local psychological therapies (IAPT) service.

## They can help with:

- » Talking therapies
- » Tools and techniques to manage symptoms
- » Support for those experiencing the psychological effects of managing long-term conditions, such as diabetes



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Cognitive Behavioural Therapist