

# MDT Senior Mental Health Practitioners

## A new model for Primary Care



Mental Health Practitioners work alongside the existing practice team to provide enhanced access to health and social care services within a primary care setting. There will be an increased focus on prevention and early intervention initiatives, with the aim of ensuring that patient's needs are met at the earliest possible opportunity, reducing the need for onward referrals into secondary care services. The development of MDTs was a central element of 'Health and Wellbeing 2026: Delivering Together'. This seeks to transform the way in which health and social care services are delivered in Northern Ireland, with a **focus on person-centred care**, rather than buildings and structures.

### What do we do ?

- Provide the right care, at the right time at the right place by early intervention and prevention.
- Provide first contact assessments and brief interventions to patients presenting with mental health concerns to GP practices
- Bring additional mental health expertise and experiences to GP practices
- Help to reduce increasing workload on GP practices



### Patient Feedback



'I felt very listened to and understood, I was given a chance to express myself.'

'I have really valued this service. It has allowed me to value my life.'

'You literally saved my life. Thank you.'

'I am so lucky to have had this support on my doorstep.'



### Understanding Needs

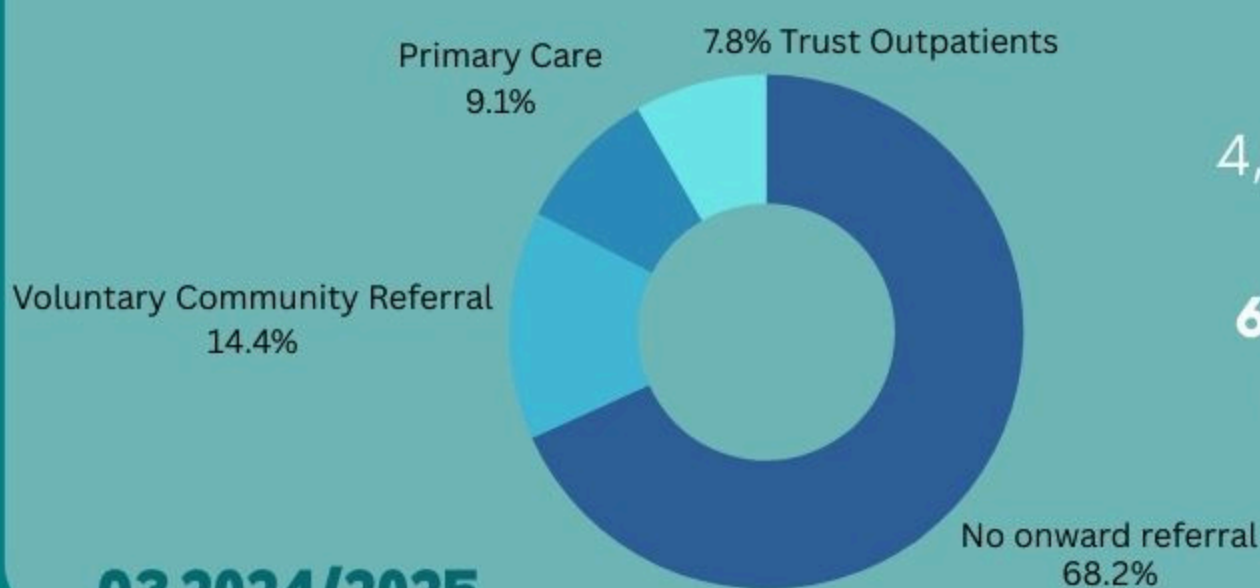


**One in four** people in Northern Ireland will experience problems that negatively affect their mental health. In 2022/2023 rates of self harm admissions in the most deprived areas were more than **two and a half times** that in the least deprived. **3 of the 5** largest health inequality gaps in the Southern Trust area are linked to mental health and addiction.

### Community Development

- Children's Mental Health Library
- Support Videos
- Partnership with Towards Zero Suicide
- Mental Health Awareness Social Media Campaigns
- Menopause Support Sessions

### Patient Outcomes



Q3 2024/2025

### How much did we do?

2,464 patients  
4,940 consultations

**68.2 %** of patients had NO onward referral

