



GP Health List of Contacts to Access Services Available to all GPs in practices across Tees

Psychiatry

Dr J Nehaul: 01423 500599 (via Cygnet Hospital, Harrogate)

Dr C Tyrie: 0191 266 5074 (Newcastle) or cmt@doctors.org.uk

CBT

Jane Nath: 07743423594

Christine Campy (Stokesley, Senior Lecturer Teesside University in CBT):

07549134433 or christine.campy@hotmail.co.uk

Counselling

Pauline Barwick: 01642 319486 (Nunthorpe)

Christine Everett: 0191 3842592 (Shincliffe Village, Co. Durham)

Karen Lowes: klowes@occupationalwellbeing.co.uk (Also CBT)

Mentoring

Dr E Selby: 07718536848 or ed@selbys.org.uk

who will arrange access to our team of trained mentors

Tele consultations & Skype

Dr Harold Heller: 0198 6835738

Mary Heller: 0198 6835738

General Advice

Dr E Selby: 07718536848 or ed@selbys.org.uk

Dr LP Dobson: (non-clinical advice) 01287 669434 or lpdobson2002@yahoo.co.uk

Website: www.gp-health.org.uk

The number of GP consultations is estimated to rise from
338 million in 2013/14 to 441 million by 2017/18.

Don't let your workload get you down!

Seek help early.

Seeking help is a sign of maturity - not weakness.

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