



Information for families and carers of our patients

Welcome to our service

We understand that supporting a loved one with mental health needs can be challenging. Our General Adult Psychiatry service is here to provide care and support for both patients and their families and/or carers.

Booking an appointment

We believe that everyone should have access to psychiatric care when they need it most.

With the patient's consent, family members and carers can book a 25-minute appointment with one of our psychiatrists to discuss concerns, treatment options, and support strategies.

The standard rate for these appointments is £180.00.



To book an appointment, please contact our Contact Centre on 0330 124 1980 (available 8am-6pm on weekdays) or use the [live chat feature](#) on our website. Please note, all clinics are virtual. We do not provide face-to-face consultations.

What to do if your loved one's mental health significantly deteriorates

Please be aware that we are not an emergency service. If the situation is urgent, you can contact:

1

The patient's GP for an urgent appointment.

2

Go to the nearest Accident & Emergency department, or dial 999.

3

Crisis Service – Dial NHS 111 and select the mental health option



4

For Out of Hours, your local Emergency Duty Team (Social Services).

5

Please see link: [Where to get urgent help for mental health](#) - NHS

Helpful resources

Carers UK

Carers UK offers information, advice and support for carers in the UK.

[Click here](#)

Mind

Mind provides advice and support to empower anyone experiencing a mental health problem.

[Click here](#)

Rethink

Rethink offers information and support for people affected by mental illness.

[Click here](#)

RCPsych

The Royal College of Psychiatrists provides information about common mental illnesses and mental health problems.

[Click here](#)

Samaritans

The Samaritans provide confidential emotional support 24/7 to those experiencing distress or despair.

[Click here](#)

NHS

NHS Mental Health Services provide useful information including how to find local support

[Click here](#)

Psychiatry UK is a Care Quality Commission regulated healthcare provider, and our GMC registered psychiatrists offer diagnosis and treatment to patients privately in the General Adult Psychiatry Service.

We also have NHS contracts to provide Adult ADHD and ASD services and are a qualified provider of Adult ADHD and ASD services under the NHS Right to Choose (RTC) scheme.