



Mental Health in Primary Care: Delivering the GP Forward View

Prof Helen Stokes-Lampard PhD FRCGP
@HelenRCGP



Conflicts of interest

- I am Chair of RCGP & a Trustee
- I am GP Partner (GMS)
- I am a Prof at University of Birmingham & visiting Prof St George's HMS London



RCGP Vision and Values

- **Vision:** *Excellence in general practice for patients worldwide*
- **Values:** We are the heart and voice of general practice, we promote the principles of holistic generalist care in partnership with other HCPs and our patients. Committed to equitable access to and delivery of high-quality and effective primary healthcare for all. Committed to the academic and practical development of high quality general practice.



NHS General Practice



Daily, within UK General Practice:

- *Over 1 million consultations take place*
- *Nearly 1.5million prescriptions issued*

GPs are consultants in General Practice and all are leaders: *“Expert Medical Generalists, considering holistically the Physical, Social and Psychological welfare of our patients”*



Mental Health

- Chronic under resourcing of primary care and inc patient demand: perfect storm
- 30% of those with LTC also have MHP
- 46% of those with MHP also have LTC
- Vast majority of MHPs dealt with in the community, but the 10min GP consultation woefully inadequate
- Part of our campaign.....



Six Steps for Safer General Practice

General Election Manifesto 2017
for England from the
Royal College of GPs



ELECTION 2017

FORWARD
March 2017



**PUT
PATIENTS
FIRST**

BACK GENERAL PRACTICE

Developed in partnership with:



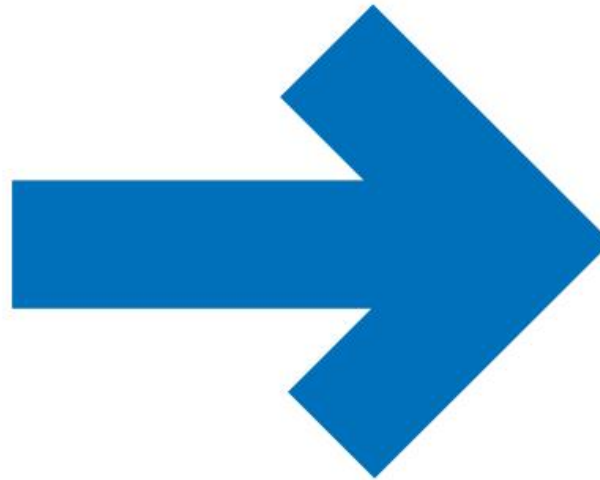
#GPforwardview



GENERAL PRACTICE FORWARD VIEW

APRIL 2016

**New contract 17/18
Signed 7th Feb**



Developed in partnership with:



[#GPforwardview](#)



GP Forward View



- £2.4bn/pa extra into GP: inc to 10.5% NHS £
- Commitment to recruit/train 5,000 additional GPs over 5yrs
- Commitment to find 2,000 additional practice nurses & **3,000 other AHPs**
- Overall increase funding to GP by 14% in 17-18 and another 15% in 18-19



NEXT STEPS ON THE NHS FIVE YEAR FORWARD VIEW

March 2017

- Reaffirms commitment to
 - recruit/train 5,000 additional wte GPs by 2020
 - Find 2,000 additional practice nurses
 - **Mental Health Therapists: 800 by Mar 2018, 1,500 by Mar 2019, 3,000 by Mar 2020**
- They will be 'IAPT' (Improving Access to Psychological Therapies) practitioners, not employed by GPs
- **RISK: lack of integration with practices**



Integrated IAPT service

- Gen Election means hard to get data
- Soft data – significant efforts and training underway
- Pushing for pilots of integrated IAPT for serious mental health conditions too
- London IAPT in 30/31 PCTs and 500 new therapist recruited



Next steps

- Annual assessment of the GP Forward View – published after Gen election
- We will continue to monitor progress of **all** GP Forward View pledges
- Vital that IAPT therapists are part of primary care team
- Pushing for extended GP Training for all, to allow more time for training in management of mental health problems in the community

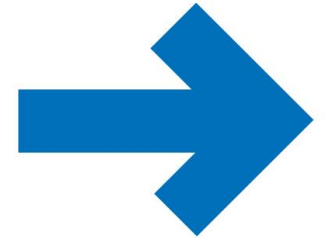
Find out more

- rcgp.org.uk/policy/general-practice-forward-view



GENERAL PRACTICE FORWARD VIEW

APRIL 2016



Developed in partnership with:
RCGP Royal College of
General Practitioners

NHS
Health Education England

#GPforwardview

Thank you



ELECTION 2017

Six Steps for Safer General Practice

General Election Manifesto 2017
for England from the
Royal College of GPs

