

NHS- Out of Hours GP.....	111
NHS- Mental Health Crisis Line.....	111 (option 2)
Samaritans.....	116 123
MIND Crisis Helpline.....	01923 256391
MIND information line.....	0300 123 3393
MIND in Mid Herts.....	03303 208100
CGL.....	0800 652 3169
CALM.....	0800 58 58 58
Money Advice Line.....	01992 588 061
Crisis Messenger (under 25 years).....	THEMIX 85258
Young Minds.....	Text YM85258
University of Herts Wellbeing	01707 284453
University of Herts 24/7 Helpline.....	0800 028 3766
Cruse.....	0808 808 1677
24/7 First Response Mental Health Helpline	0800 6444 101

Welwyn & Hatfield

Primary Care Mental Health Services

‘Without the Walk and Talk group, I would never leave my flat or have people to talk to and help me understand my problems.’

- Walk and Talk Group member

GP Plus have supported, listened and been a ‘constant’ help (and still are) during a highly traumatic period of my life. They have given me both objective and constructive support and reassuring advice during this dreadful period.

- Hatfield Surgery User

HPFT Council of Governors ‘Making a Difference’ Award Winning Team



Meet the GP Plus Team

Hatfield GP Plus Mental Health Practitioner

Jane Bozier- Mental Health Nurse with over 37 years' experience

GP Plus Recovery Practitioner

Pauline Satchell – Background in Psychology with over 6 years of experience working in both mental health inpatient and community settings.

GP Plus Support Worker

Natalie Spurling – Over 17 years' experience working in both mental health inpatient and community settings.

GP Plus Support Worker

Abigail Nyadedzor – Over 3 years of experience working in both inpatient and community mental health settings.

Primary Care Administrator

Libby Brown - 6 years' experience in GP's and mental health settings.

Welwyn GP Plus Mental Health Practitioner

Jessica Tonwe – Mental Health Nurse with over 5 years' experience working in community and inpatient mental health settings.



Meet the ARRS Practitioners

Hatfield ARRS Mental Health Practitioner

Melissa Chieza – Occupational Therapist with over 2 years' experience working in both inpatient and community mental health services.

Welwyn ARRS Mental Health Practitioner

Sibonile Sibanda – 15 years in both inpatient and community settings, both adults and elderly age group.

