

Central London Healthcare is a community interest company formed in 2006, which is owned and run by local primary care clinicians as a not for profit company to improve health and well-being in Westminster.

Central London Healthcare has an elected Executive Board of Directors which is made up of GPs, Practice Managers and Practice Nurses from member practices as well as a patient representative.

Each Central London Healthcare GP practice has an elected representative on the CLH council who attends the organisation's Annual General Meeting. We believe our GP federation brings together the strong values of local general practices with the advantages of working at scale and the ability to collaborate on services which cannot practically be provided in smaller settings. Additionally, this is positive for skill sharing, interpersonal learning and the dissemination of best practice. This will ensure the delivery of excellence in General Practice.

**CENTRAL
LONDON
HEALTHCARE**

Excellence in general practice

March 2019

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Practice Based IAPT Counselling Service



March 2019

The In- Practice IAPT Counselling service provides professional and discreet support for patients in the West end & Marylebone, Regents Canal & Paddington, St Johns Wood & Maida Vale Primary Care Networks. Below are some of the disorders and other conditions covered by this service:

- **Depression**
- **Generalised anxiety disorder**
- **Social anxiety disorder**
- **Panic disorder**
- **Agoraphobia**
- **Obsessive-compulsive disorder (OCD)**
- **Specific phobias (such as heights or small animals)**
- **PTSD**
- **Health anxiety (hypochondriasis)**
- **Body dysmorphic disorder**
- **Mixed depression and anxiety**

If you think this service might be suitable for you, talk to your GP practice.

You will need a referral from your GP for this service

The Practice Based IAPT Counselling Service is available at the following locations. You don't need to be registered at these practices to be referred to the service.

Regent's Canal & Paddington

Connaught Square Practice

Newton Medical Centre

St Johns Wood & Maida Vale

Lanark Medical Centre Third Floor

Little Venice Medical Centre

St Johns Wood Medical Practice

West End & Marylebone

Cavendish Health Centre

Marylebone Health Centre

Soho Square Surgery

The Mayfair Medical Centre