

# Staff Mental Health Service



**Fast access for NHS Trust staff in Cambridgeshire and Peterborough**

## Specialist mental health team

- Provides rapid assessment, diagnosis and treatment with enhanced support to return to work.
- Confidential care and support tailored to your individual needs.
- Your privacy and preferences will be respected at all times.

## How to access the service

- Via referral from your NHS Trust occupational health provider, or you can speak to your GP about a referral.
- Following a referral, the team will contact you within 72 hours to offer a flexible, convenient appointment for a first assessment, online or in person.

**Contact the Staff Mental Health Service team to discuss a referral or ask for information in confidence**

---

**Phone: 01223 465220**

**Email: [staffmentalhealthservice@cpft.nhs.uk](mailto:staffmentalhealthservice@cpft.nhs.uk)**

**Team guide and online appointment link at:**  
**[www.cpft.nhs.uk/smhs](http://www.cpft.nhs.uk/smhs)**

