



# Mental Health Services

Somewhere along the way, a lot of us learned to push through. But you do not have to earn the right to feel better. If something is weighing on you — stress, anxiety, burnout, low mood, grief, or just a general sense that you are not yourself — that is enough. We are here.

NHS mental health waiting lists can stretch to over a year. We can see you this week.

## What We Can Help With

- Stress, burnout, and overwhelm—personal, professional, or academic
- Anxiety, low mood, and depression
- Sleep difficulties and their underlying causes
- Grief, significant life transitions, and emotional difficulty
- Medication assessment, review, and management
- Complex or long-standing presentations — fast-tracked to our consultant psychiatrist

## Consultation Pricing

Service	Detail	Price	Notes
Extended GP Consultation	40-minute appointment — ideal as a first step for any mental health concern	<b>£180</b>	Good starting point
Mental Health GP Consultation	Extended mental health consultation with our Senior GP, Dr Usman Haq	<b>£325 per hour</b>	Complex concerns
Consultant Psychiatrist	Specialist psychiatric assessment — initial appointment up to 90 minutes	<b>£450 per hour</b>	No referral needed

## Supporting Letters & Documentation

Following your consultation, we can provide a full range of supporting letters and certificates:

- University exam concession and mitigating circumstances letters
- Academic deferral and extenuating circumstances documentation
- Employer sick notes, fit notes, and return-to-work letters
- Letters supporting workplace adjustments or reduced hours
- Insurance and legal documentation
- Letters for housing, benefits, or other formal purposes

## Frequently Asked Questions

### Q · Do I need a referral to see the psychiatrist?

No. You can book directly. We recommend starting with a GP consultation first so we can ensure the right pathway, but it is entirely your choice.

### Q · Is everything confidential?

Completely. Nothing is shared with your employer, university, NHS GP, or anyone else without your explicit consent. This is your private space.

**Q - What if I just want to talk to someone?**

That is a completely valid reason to come and see us. You do not need a diagnosis or a crisis. Our GP is experienced in listening and helping you understand your options.

**Q - Can you write letters for uni or work?**

Yes. We can provide supporting letters for exam concessions, mitigating circumstances, sick leave, and other formal requirements following a consultation.

## **Book Your Appointment Today**

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