

Mental Health

Mental health assessments or so-called psychiatric assessments are predominantly the domain of doctors in psychiatry. The initial assessment of the mental health problem, a management plan based on diagnosis and an appropriate relapse prevention strategy after full recovery is the main part of the work a doctor in psychiatry would undertake with the client. It includes appropriate signposting to other services, including psychotherapy if need be.

CBPS Ltd. is in the position to provide mental health/psychiatric assessments as well as Cognitive Behavioural Therapy. As a matter of fact whenever there is a suspicion that there is more than just a temporary psychological problem but more a mental health issue a mental health screening will be done by our colleagues with special expertise in that area (Member of the Royal College of Psychiatrist [MRCPsych] and accredited cognitive behavioural psychotherapist).

This expertise in the area of mental health/psychiatric problems is available for assessment as described above or for other purposes, i. E. psychiatric evaluation for report purposes. These report purposes can range from assessments for suitability to continue, restart or start work (occupational health issues), or for insurance purposes after an accident (i.e. PTSD), or for court purposes when it comes to the question whether an offence resulted from or was contributed by a mental health condition. These are just examples for what a psychiatric evaluation might be needed for and because this is not an exhaustive list it is worth while to contact us directly to discuss your needs with us and we will be able to help you. Should we be unable to provide this service ourselves then one of our colleagues from our vast network will be able to help you.