



The Association of Clinical Psychologists is offering a **confidential self-referral service** for senior medical staff, clinical team leaders and senior management to provide one-to-one psychological support for those who feel they would benefit from it. Consultants/team leaders may also value a single consultation about their team's functioning or a team member causing concern.

Some may be experiencing anxiety or depression for which they would value a brief psychological intervention. Clinical psychologists have training and expertise in evidence-based psychological support for a range of difficulties. They are skilled in recognising and supporting acute stress in the context of unusual demands, such as those experienced in hospitals and wards. They can also help with problems and reactions such as anxiety, depression, OCD, PTSD, burnout, and the demands of managing complex team dynamics. They offer a confidential, expert ear and informed strategies to help with a wide range of issues. We envisage offering typically between three and six 30- to 60-minute sessions by your preferred video platform or phone. Respondents will be paired with a senior or consultant grade clinical psychologist. Please be assured that our members are all registered practitioner clinical psychologists who are regulated and adhere to strict standards of confidentiality.

If you would like to speak to a clinical psychologist, please go to our secure and confidential self-referral form [here](#).

ACP-UK is also offering a series of **webinars offering psychological support** for frontline staff: see https://acpuk.org.uk/act_webinars/

If you have any general questions regarding these schemes, please email icu@acpuk.org.uk