



Transformation Partners

in Health and Care

Supporting care leavers to find and register with a GP and self-refer to NHS Talking Therapies

Updated: November 2023

Guidance for care leavers and leaving care teams on accessing healthcare and mental health support

Early adulthood is a challenging time for many young adults and can impact their mental health and wellbeing. For care leavers who lack wrap around familial support afforded to many of their peers, this is often an even more challenging time as they move out of care.

We recognise that the NHS has an important role to play in ensuring that care leavers can access the support they need. This resource pack provides information for leaving care teams and for care leavers on how to access healthcare, as well as mental health and wellbeing support.

We hope that this resource pack helps to establish a more comprehensive and consistent support offer for care leavers in London. We have also developed guidance for leaving care teams and the NHS which is available [here](#).



Finding a GP

Guidance on how to find and register for the GP.

Finding a GP:

The NHS has developed an easy to use process for finding a GP.

- **Click** and type in your postcode. This will bring up a list of surgeries in your local areas
- **[Click here](#)** for more info on how to register.

Useful ID – if you have it:

- Passport
- Birth Certificate
- HC2 Certificate
- Rough Sleepers' Identity Badge
- Hostel or Accommodation Registration or Mail Forwarding Letter

You do not need to have the below with you to register with a GP:

- Proof of Address, Immigration Status, ID, NHS Number



Register with a GP outside the area you live

- Register with a GP outside the areas you live in: <https://www.nhs.uk/nhs-services/gps/registering-with-a-gp-outside-your-area/>
- Remember you can register with a GP close to your work place or your place of study, or if you are homeless and/or without a fixed address, for example if you are in temporary accommodation or sofa surfing.

Students:

[Click here](#) for more information on registering for a GP if you are a student.

- **You can register for a GP near to your university. This is particularly important if you have ongoing health conditions.**
- **In addition each university will have it's own healthcare offer. This unusually includes links to medical specialists; psychiatrists, counsellors, sports physicians and physiotherapists.**



Medical treatment

[NHS Urgent Treatment Centres – click for more information](#)

Provide medical help when it's not a life threatening emergency. They can diagnose and deal with many of the common problems people go to A&E for. These are things like;

- sprains and strains
- suspected broken bones
- injuries, cuts, bruises
- coughs, colds and breathing problems
- vomiting and diarrhoea
- skin infections and rashes
- high temperature
- mental health concerns.



Urgent help

NHS 111

- Can provide support for your symptoms. You can access support for both your mental and physical health.
- This includes links to the 24/7 mental health crisis line support for children, young people and families/carers.



Shout Text Services

- Text SHOUT to 85258. You can text SHOUT any time, day or night, your messages are confidential and anonymous and it's free to text SHOUT from all major mobile networks in the UK.



Samaritans

- Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call 116 123 for free.



Support for your mental health and wellbeing

Kooth

- Your online mental wellbeing community. Free, safe and anonymous support.



Good Thinking

- Supports Londoners to look after their mental health and wellbeing in a way that works for you. Our digital service tackles anxiety, stress, low mood, sleep problems and other concerns.



The Mix

- We are here to help you take on any challenge you're facing – from mental health to money,. Tak to us via our online community, on social, through our free confidential helpline or our counselling service.



How to self-refer to Talking Therapies

Talking Therapies

- A free service available to anyone living in England and aged 18 years or over. Talking therapies can take place over the phone, via video or as an online course.
- You can access support for depression, generalised anxiety, social anxiety, panic and agoraphobia, other phobias and obsessive-compulsive disorder (OCD)
- Find more information here:
<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>
- You can self-refer but must be registered with a GP.

