Who are we?

Dr Rebecca Jacob DPM MPhil MA FRCPsych

I am a Consultant Liaison Psychiatrist, Deputy Director of Medical Education and Clinical Lead for the Clinical Student Mental Health Service at CPFT. My interest in student wellbeing began in an advisory capacity to the School of Clinical Medicine, signposting students with mental health needs to appropriate services. This was formalised by CPFT in April 2015, as a specialist service for clinical students with mental health difficulties.

Dr Lynsey Kelly BSc, DClinPsy

I am a Clinical Psychologist registered with the Health and Care Professions Council (HCPC). I am accredited with the Association for Cognitive Analytic Therapy (ACAT). I offer CBT, CAT and EDMR in our service.

Trainee Psychologist

You may be also be seen by a Trainee Clinical Psychologist completing their doctoral training to become a qualified Clinical Psychologist. Trainees may have gained experience working in the NHS as an Assistant Psychologist, or working in a similar related field. They can deliver therapy independently whilst under supervision by a qualified Clinical Psychologist. Speak with the team if you have any questions about seeing a trainee.

Our contact details

Clinical Student Mental Health Service
Box 190
S2 Outpatients
Addenbrookes Hospital
Hills Road
Cambridge
CB2 0QQ

T: 01223 216167
E: cpm-tr.clinicalstudentservices@nhs.net

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775 or e-mail pals@cpft.nhs.uk

Confidentiality

All of those involved in the service are bound by the GMC rules of confidentiality. We will communicate with the Clinical School only with your express consent.

The exception to this would be where there are serious concerns about student or patient safety.

If you require this information in another format such as braille, large print or another language, please let us know.

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HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF.

T: 01223 219400 www.cpft.nhs.uk
Clinical Student Mental Health Service

There is increasing awareness that clinical training can be a particularly stressful time for student doctors. In response to General Medical Council guidance regarding appropriate mental health support (GMC 2013), The School of Clinical Medicine commissioned the Clinical Student Mental Health Service in April 2015. This service aims to provide timely access to a Consultant Psychiatrist and, where necessary, a Clinical Psychologist for clinical students with moderate to severe mental health issues.

How do I access the service?

The service can be accessed via referral from your GP or via The University’s Occupational Health Service. If the referral is via your GP, they may advise a referral to Occupational Health if it is felt that modifications in your work environment may be beneficial to your mental health.

Once referred to the CSMHS you will be offered a psychiatric assessment, which will involve discussing your difficulties in detail, formulating a diagnosis and agreeing a treatment plan. The treatment plan may involve ongoing psychiatric review and/or further assessment for psychological treatment. This may be within the CSMHS or a referral onto other mental health services best placed to meet your needs, including, but not limited to, the CPFT’s Psychological Wellbeing Service, or the University Counselling Service.

Please be aware:

- We have limited psychological provision, therefore therapy within the CSMHS is for students with moderate to severe mental health difficulties.
- Eating Disorders, ADHD and Psychotic illnesses continue to be managed by CPFT’s specialist teams; respectively: the Adult Eating Disorder Service, the CPFT ADHD service, and CPFT’s Service for First Episode Psychosis, CAMEO.

Clinical Psychology Services

What is CBT? (Cognitive Behaviour Therapy)

CBT is an evidence-based psychological therapy recommended by the National Institute for Health and Care Excellence (NICE). CBT looks closely at the relationship between our thoughts, emotions, physical sensations and behaviour. The basic premise is that when we become depressed or anxious, automatic patterns of thinking and reacting keep us trapped in ongoing low mood or anxiety. CBT aims to identify these patterns, looking for alternative ways of thinking and acting, and testing them out. This can lead to new ways of making sense of situations, new solutions and positive changes in mood.

What is CAT? (Cognitive Analytic Therapy)

CAT helps you understand how previously learnt patterns of thinking and behaviour contribute to your current difficulties, by considering your early life experiences and relationships. CAT interweaves a number of therapy approaches to find new ways of addressing patterns you may wish to change. CAT can treat a range of mental health problems, emotional and relationship difficulties.

What is EMDR? (Eye Movement Desensitization and Reprocessing)

EMDR is an evidence-based psychological treatment for PTSD. Recent research suggests it can also help people suffering from anxiety disorders and depression. EMDR helps process the memories of distressing events that may be contributing to current difficulties. It is based on the idea that these memories can sometimes get frozen at a neurological level which can result in intrusive symptoms such as flashbacks or nightmares. EMDR uses eye movement to stimulate the information processing system, allowing the memories to be put in the past where they no longer feel so distressing.

Clinic locations and crisis information

Clinics can be in person or virtual, please state your preference

Dr Jacob’s clinic usually runs on a Tuesday at Springbank Ward, Fulbourn Hospital, Cambridge.

Dr Kelly’s clinic usually runs on a Tuesday and a Thursday at Liaison Psychiatry, Block S2, Addenbrookes Hospital, Cambridge.

Virtual appointments are via Attend Anywhere.

What to do in a mental health crisis

If you believe you or a person you care for is in a mental health crisis and in immediate need of help, there are several avenues you can take.

First Response Service: Call 111 and select the mental health option. Calls will be answered 24/7 by trained mental health practitioners.

Samaritans: If you feel you urgently need to speak to someone, the Samaritans are available 24 hours a day, seven days a week on 116 123 (free call).

Your GP: if you are in crisis and need immediate help, then please contact your GP.

Lifeline: An out-of-hours mental health telephone support service, is available for CPFT’s service users who are experiencing a crisis in their mental health. Call 0808 808 2121. This is available every day, including weekends, from 11am-11pm.