

What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you. To enhance the existing practice team and assist you in achieving these aims, you can now book an appointment with a physiotherapist, social worker, and mental health practitioner. You will also have improved access to health visitors and district nurses.

Multi-disciplinary teams seek to address any issues that you face at the earliest opportunity, providing access to a range of experts who can provide you with the care, advice and support that you need.

- ▶ GENERAL PRACTICE
- ▶ PHYSIOTHERAPY
- ▶ MENTAL HEALTH
- ▶ PHARMACIST
- ▶ SOCIAL WORK
- ▶ DISTRICT NURSING & HEALTH VISITING



Further Information

Further information about all of these services can be found at www.health-ni.gov.uk/mdt

Appointments

If you would like to book an appointment with any of these new services, please contact:



Suggestions, Comments, Complaints

We value your opinions and will act on them whenever possible. If you have any feedback on the services you have received, please fill out a feedback form.

General Practice Social Work



As part of the new practice based multi-disciplinary team, your GP practice now has a social work service available to registered patients of all ages.

You can book this service directly without first seeing your GP.



HEALTH AND WELLBEING 2026
DELIVERING TOGETHER

What are General Practice Social Workers?

General practice social workers have joined the multi-disciplinary team within your GP practice. Your social wellbeing affects how you feel about yourself, how well you function and the overall quality of your life. Issues which affect your social wellbeing may have a significant impact on your physical or mental health.

Social workers can discuss any problems you have and explore what is important to you. They will provide you with practical advice, help and support in order to address these problems.

Where the social worker feels that you may benefit from other services, they may work with other people or groups in your local community that can support your needs.

Types of Support Provided

The sort of things that we could help you with are:

- ▶ Isolation or loneliness
- ▶ Carer support
- ▶ Relationship difficulties
- ▶ Parenting difficulties
- ▶ Housing difficulties
- ▶ Stress
- ▶ Bereavement
- ▶ Traumatic life events
- ▶ Financial difficulties
- ▶ Alcohol and drug issues

Together we can:

- ▶ Discuss any issues you are facing
- ▶ Explore what is important for you
- ▶ Agree what help we can offer you
- ▶ Provide you with support

What is Social Work?

Social work seeks to improve the social wellbeing of individuals, families and communities. Social workers do this by:

- ▶ Promoting people's independence
- ▶ Supporting people's social inclusion and participation in society
- ▶ Helping people to keep safe and well

If you choose to use this service, social workers and social work assistants working in the practice will work with you to identify and address social factors which may affect your physical or mental health and general wellbeing.

