

# Our Services & Prices

## Psychological Health Services

Specialist PHS provider to people working and travelling in the UK and overseas

1. **Pre-Deployment Psychological Health Services**
  - 1.1 Psychological Clearance (Pre-deployment)
2. **Mid and Post Assignment Psychological Health Services**
  - 2.1 Confidential Review (debrief)
  - 2.2 Psychological Review (debrief with report)
3. **Trauma Management Services**
  - 3.1 Personal Impact Review
4. **Counseling Services and General Consultations**
  - 4.1 General Consultation
  - 4.2 Follow-up Consultations
  - 4.3 Continuing Consultations
  - 4.4 Cognitive Behavioural Therapy
  - 4.5 Telephone services
  - 4.6 Extended Narrative Report
5. **Psychiatric Health Services**
  - 5.1 Full Psychiatric Consultation
  - 5.2 Psychiatric Report
6. **Work-Life Balance and Stress Management Services**
  - 6.1 Stress Management Consultation
  - 6.2 Work-Life Balance Consultation
7. **Professional Briefings**
8. **Psychological Support at work**
  - 8.1 Confidential Work Review
  - 8.2 Extended Confidential Work Review

# Psychological Health Services

		Subscriber	Standard
<b>1. Pre-Deployment Psychological Health Services</b>			
<p><b>1. Psychological Clearance</b> is designed to assess and support psychological capability for anticipated demands of a proposed assignment. Reporting is specifically in relation to the current proposed assignment or, if it is not yet clear exactly what and where it will be, in relation to the agency's person specification.</p> <p>2. With psychological health problems top of the list in terms of time lost on international assignments, the Psychological Clearance offers two main benefits to organisations whose staff are routinely exposed to high level of stress:</p> <p>(a) It invites individuals to consider their own responsibilities for preparation and self care during the assignment.</p> <p>(b) We offer the clearance report as a constructive guide to better identify, manage and mitigate potential risks to the candidate and the organisation.</p>	90 mins	£125	£163
<b>2. Mid and Post Assignment Psychological Health Services</b>			
<p><b>2.1 Confidential Review (debrief)</b></p> <p>Unhurried, confidential opportunity to review assignment or role from a personal perspective. The aim is to offer support to ensure ongoing resilience and good psychological health. Advice and recommendations relevant to psychological health may be made. No report is available to sponsoring organisation.</p>	60 mins	£78	£101
<p><b>2.2 Psychological Review (with short clearance report)</b></p> <p>Suitable for those who have already been working on the international field. Unhurried opportunity to review assignment from a personal perspective. The aim is to offer support to ensure ongoing resilience and good psychological health. Advice and recommendations relevant to psychological health may be made and included in a brief psychological clearance report. This is emailed or posted to the representative of the sponsoring organisation named on the referral form. Price includes 30 minutes to complete report immediately or provide verbal clearance for tight turnarounds.</p>	60 mins	£93	£121
<b>3. Trauma Management Services</b>			
<p><b>3.1 Personal Impact Review</b></p> <p>This confidential service is a supportive psychological service appropriate for anyone who has experienced a critical incident or traumatic event or who has been working in circumstances where they have been significantly exposed to the narratives of people who have been traumatized.</p> <p>Follow up always takes place either by subsequent appointment/s or by email or letter or both.</p>	90 mins	£115	£150

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<b>4. Counselling Services and General Consultations</b>			
<b>4.1 General Consultation</b> Suitable for anyone who wishes to address their concerns in a professional, confidential setting and to review appropriate options open to them. This can be used as an initial review which involves discussion and advice about any further consultation required and/or referral.	Standard 60 mins	£78	£101
	Extended 90 mins	£95	£124
<b>4.2 Follow-up Consultation</b> Follow up consultations may be appropriate after a General Consultation, Confidential Review, Psychological Review or Personal Impact Review.	60 mins	£78	£101
<b>4.3 Continuing Consultations (personal counselling)</b> A limited number of continuing counselling places are available for individuals who have been identified as potential beneficiaries of ongoing counselling input.	60 mins	£55	£74
<b>4.4 Cognitive Behavioural Therapy</b> CBT is evidenced to be effective in the treatment of mild to moderate depression and to increase effectiveness of treatment when combined with antidepressants. It is recommended in UK by NICE (National Institute for Clinical Excellence) for treatment of several of the common psychological conditions.	General Consultation  60 mins	£78	£101
<b>4.5 Telephone Services</b> Available for structured and prepared telephone support for staff in the field. Usually we ask for client to make the telephone call. Cost of phone call charged additionally if made from InterHealth.	on request	£60 per hour	£80 per hour
<b>4.6 Extended Narrative Report</b> For some services an extended narrative report may be requested and with the consent of the individual concerned. The report charge is additional to the appointment.		£45	£59
<b>5. Psychiatric Health Services</b>			
<b>5.1 Psychiatric Consultation</b> Undertaken by InterHealth's Consultant Psychiatrist.	Full 90 mins	£150	£195
	Short 45 mins	£100	£130
<b>5.2 Psychiatric Report</b> A report is available on request (additional charge), with the consent of the individual concerned.	N/A	£45	£59
<b>6. Work-Life Balance and Stress Management Services</b>			
<b>6.1 Stress Management Consultation</b> Unhurried, confidential opportunity to review stress levels and strategies for stress management with professional support. Includes a confidential report available to the individuals attending the consultation only.	90 mins	£120	£156
<b>6.2 Work-Life Balance Consultation</b> Unhurried, confidential opportunity to review work-life balance and strategies for achieving changes to enhanced well being and maximize performance at work. Includes a confidential report available to the individuals attending the consultation only.	90 mins	£120	£156

		Subscriber	Standard
7. Professional Briefings			
<p>This service provides professional briefing on conditions and circumstances that may be encountered in work situations. Particularly relevant to those in the overseas aid, development and mission sector and those working in war or disaster zones. Available in:</p> <p>Review and debriefing; Stress management for groups and individuals; Supporting traumatised people; How to identify when someone needs psychological help; Candidate selection; Depression, anxiety and mental health problems</p> <p>Available by arrangement. If you wish to explore these possibilities please ask Reception staff to speak to one of the PHS team.</p>			
8. Psychological Support at Work			
<b>8.1 Confidential Work Review</b> Suitable for people undertaking work with significant emotional or psychological challenges. Individuals may work with highly vulnerable individuals or in high risk situations. Unhurried confidential opportunity to review your work and its impact on you to support psychological health, well being and resilience. This review is particularly recommended as a regular once-a-month appointment but is also useful as a one-off. It is not counselling.	Standard 60 mins	£78	£101
	Extended 90 mins	£95	£124

## How to book

### Enquiries

For general queries or to discuss developing a management plan please get in touch with us at:

Reception Services & Client Support  
020 7902 9000

How can we help?  
[www.interhealth.org.uk](http://www.interhealth.org.uk)