

## Letter of Support

23rd January 2024

To Whom It May Concern

My name is Dr Rebecca Henleywillis. I am a General Practitioner working for NHS Practitioner Health, a primary care level mental health service with expertise in treating health and care professionals. I am writing this letter on my own behalf as a clinician working in the service. The opinions expressed are my own and not made on behalf of the organisation.

In the course of my work at Practitioner Health, I have a variety of resources I can recommend to patients to support self-management of their mental health alongside additional interventions such as medication and formal therapy. The Orpheus Managing Unwanted Emotions module is one that I frequently recommend to patients. I choose it particularly for those patients with high levels of anxiety, emotional dysregulation or who are feeling overwhelmed. This is especially useful at the beginning of my work with patients where they are not yet well enough to engage in formal therapy or where we are waiting for medication to take effect. It has also been helpful for those patients who are less unwell, but identify that their emotional state and reactions can be disproportionate to the severity of the event that triggered the emotion, but they find it difficult to gain this perspective in the moment and become engulfed in their emotional response.

During follow-up appointments, I routinely enquire about the efficacy of the resources I have recommended. The feedback I have received about the Managing Unwanted Emotions app from my patients is that they find it helpful in achieving some space from the overwhelm of their emotions, particularly anxiety, but also when they have rumination of thought that is difficult to break. The way in which it is different from other apps which are more based on mindfulness or CBT techniques is that patients find there is less cognitive effort involved and it is more comfortable to use as it does not require them to challenge their thinking process or delve more deeply into their distress, but allows them to deal with the symptoms they are experiencing in a practical way. Many report feeling very relaxed after using it and some have even reported using it at bedtime as an aid to initiating sleep.

I hope that this gives some context to the ways in which my patients and I find the Managing Unwanted Emotions module helpful as part of the care I offer them.

Kind regards,

**Dr Rebecca Henleywillis**

General Practitioner and Lead Clinician, NHS Practitioner Health

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