

## PRESS RELEASE

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### Accredited Registers support Time to Talk Day on 4 February

The Professional Standards Authority's Accredited Registers programme welcomes national initiatives like Time to Talk Day, organized by the mental health anti-stigma campaign Time to Change.

The campaign aims to promote public engagement on the subject with a view to ending the discrimination or stigmatisation of people with mental health problems, as well as providing support for those seeking help.

Christine Braithwaite, the Authority's Director of Standards and Policy said, 'It is important that people who need support are able to access counselling and psychotherapy services from people they can trust to be competent and safe. We recommend choosing someone who is either a regulated health professional or is on an Accredited Register.'

Our Accredited Registers programme was set up to help protect the public. We set standards for, and accredit registers for people in health and care occupations that are not regulated by law, such as counselling and psychotherapy.

Anyone employing, recommending or using a practitioner can now choose one from a register that has been vetted by the Professional Standards Authority – and it is important that they do so.

Many of the counsellors and psychotherapists on Accredited Registers work in roles supporting frontline NHS staff in England in implementing NICE guidelines for people suffering from depression and anxiety disorders.

To find out more, visit [www.professionalstandards.org.uk/accredited-registers/find a register](http://www.professionalstandards.org.uk/accredited-registers/find-a-register).

**ENDS**

**Professional Standards Authority for Health and Social Care**

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## Notes to the Editor

1. The Professional Standards Authority for Health and Social Care oversees nine statutory bodies that regulate health and social care professionals in the UK.
2. We assess their performance and report to Parliament. We also conduct audits and investigations and can appeal fitness to practise cases to the courts if we consider that sanctions are unduly lenient and it is in the public interest.
3. We also set standards for organisations holding voluntary registers for health and social care occupations and accredit those that meet them.
4. We share good practice and knowledge, conduct research and introduce new ideas to our sector. We monitor policy developments in the UK and internationally and provide advice on issues relating to professional standards in health and social care.
5. We do this to promote the health, safety and well-being of users of health and social care services and the public. We are an independent body, accountable to the UK Parliament.
6. Our values are at the heart of who we are and what we do. We are committed to being impartial, fair, accessible and consistent in the application of our values.
7. More information about our work and the approach we take is available at [www.professionalstandards.org.uk](http://www.professionalstandards.org.uk)