

A new service is now available in your surgery

What is it?

Primary Care Mental Health Service.

This service provides early intervention for your mental health and wellbeing needs. We offer a range of support options. A member of the team can help you choose the most appropriate option for you.

Mental Health Advisors

Mental Health Advisors are specifically trained to help you to help yourself. No one understands your situation better than **YOU** do. A MHA may have a more in-depth knowledge of help, advice and resources which you could access.

Who can it help?

People who have low self esteem or people who are not feeling good about themselves.

- Problems coping with stress.
- Mild Depression.
- Mild Anxiety.

Who can it not help?

Unfortunately the service cannot help those suffering with:

- Current excessive alcohol or substance misuse
- Severe eating disorders; mild emotional eating is appropriate as work can concentrate on "mood and food"
- Current Self-Harming Behaviours
- OCD
- PTSD

What can be offered?

Books on Prescription

The "self-help" shelves in bookshops have a vast selection. It can be difficult to choose which might best suit your needs. The Mental Health Advisor can

help you access self-help books that have been selected by this service as being relevant, practical and accessible. If you get stuck we can also offer you some support while you are working through the book.

Guided Self-help

Mental Health Advisors have a range of options that can provide help for conditions such as mild depression and anxiety, mild phobias, sleep problems, anger, panic, shyness and social anxiety, bereavement and stress. This can include providing workbook or worksheet material and assistance from an advisor as and when you require it.

Signposting

Do you need specific information regarding a concern? This could be about health, housing, debt, caring support or any subject where you feel that there may be something or someone out there who could help you, if only you knew where or who. Advisors have access to both local and national resources and will be able to find this information and point you in the right direction.

CCBT

If appropriate, we might suggest you access an internet based CBT (Cognitive Behavioural Therapy) program. These are interactive programs that help you discover what thoughts, feelings, behaviours, and physical symptoms could be maintaining your depression and/or anxiety. The programs are designed to help you learn how to address and change the above, through a variety of techniques. If you would prefer to access these away from home, there is free access through your local library.

Living Well Courses

These courses are designed to improve emotional resilience and mental wellbeing. They aim to introduce and teach tools to manage mental health in a more effective way. They run over 7 weeks with a 2 hour session per week, each focusing on different areas: Coping with Stress, Wellness Recovery Action Planning, Mind and Body Health, Assertiveness, Raising Self Esteem. These courses are designed with an emphasis on learning new skills and applying positive changes.

For more information

Speak to your G.P or practice nurse regarding the Primary Care Mental Service and if you both think you would benefit they can refer you. After a referral is received you will be contacted by us within 10 working days.