

Accessing Adult Mental Health Services in Leeds - A Quick Reference Guide for GPs

PRESENTING SYMPTOMS	<p>Low Level Emotional or Social Support needs (isolation, housing, financial issues, employment problems)</p>	<p>Mild/Moderate symptoms of anxiety or depression panic disorder, OCD</p> <p>Able to self-refer for therapies &/or online resources</p>	<p>Moderate, severe anxiety & depression emotional turmoil grief, stress</p>	<p>Moderate-Severe depression, multiple traumas, deteriorating SMI, poor engagement with services (i.e., the 'revolving door' patient)</p>	<p>Severe cognitive, & emotional problems relating to a mental health diagnosis warranting psychiatric assessment or deterioration of a known severe mental health illness</p>	<p>Acute mental health problems with immediate risk to self or others</p>
WHO CAN HELP	<p>Social Prescribers e.g. Patient Ambassadors, Linking Leeds*</p> <p><i>Remote appts or Self Ref or PCN Hubs</i></p>	<p>Mindwell Home - MindWell (mindwell-leeds.org.uk) or NHS Talking Therapy https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/</p> <p><i>If unable to self refer, consider Healthy Minds or seek guidance from PCMH</i></p>	<p>Healthy Minds</p> <p><i>Book through remote appts or on Extended Access Platform</i></p>	<p>Primary Care Mental Health Teams (PCMH)</p> <p><i>Task/Refer inside Clinical Systems</i></p>	<p>Community Mental Health Team (CMHT)</p> <p><i>Referral Form in Clinical systems to SPA</i></p>	<p>CRISIS</p> <p>Professional Line 0800 1831485-</p> <p><i>(Professionals speak to clinician or call police if risk imminent)</i></p> <p><i>Patients can call 111 – choose Mental Health option 2</i></p>
WHAT TO EXPECT	<p>Assessment Signposting Goal setting Coaching Liaising with GP/other services</p>	<p>Self Help Resources Useful Courses Self-Referral Pathways into Therapies, Groups etc Peer Support etc</p>	<p>One contact but can be more if needed Helpful conversations Triage into PCMH or talking therapies</p>	<p>Assessment Decision support to professionals Short term interventions Safety planning</p>	<p>Psychiatric Assessment Prescribing Longer term interventions Care coordination</p>	<p>Assessment within 4hrs (where Crisis response not indicated -advice to Referrer)</p>

