



Information for patients who have been referred to

## Primary Care Mental Health

### Who are we?

We are experienced Mental Health and Wellbeing Practitioners operating as part of the Leeds Mental Wellbeing Service. We support people who've been referred by their GP for their emotional and mental health needs, who isn't receiving mental health support from an existing service.

We offer a service to patients who are aged 17 and over and registered with a Leeds GP. Our aim is to provide mental health advice and support within GP practices.

### What do we do?

We support you and your GP team to work out what could help you and to make sure that you get the right help as quickly as possible.

We may offer short term support to help you understand and manage your needs, improve your wellbeing, and help you to access other services.

If you are being supported by the community mental health team and you are feeling better, we can work with your team to support the transfer of your care back to your GP.

### What to expect

We will aim to contact you within 10 working days of referral to offer you an appointment, or discuss your needs further by phone. This initial contact will usually be by phone or in person at your local GP surgery or community venue. We can make adaptations to your contact, so if you have any additional access needs, please let us know. If we cannot contact you, we may send you a letter.

At your first appointment you will be offered a session to look at the issues affecting you, your goals, and create a personalised plan based on the options available. This may take up to 40 minutes, but a further appointment may be offered if this is not long enough.

From this appointment, we can discuss what resources are available to help you, which will be tailored to your individual needs. This may include advice and signposting to other services, or brief psychological interventions to help you manage your wellbeing.

### Your information

Leeds Mental Wellbeing Service works in partnership. We will only share your information to support your direct healthcare and wellbeing, or where we are legally required to do so. We have implemented strong security measures to make sure that your records remain private and confidential. We would normally share information through your electronic health record back with your GP. We will ask you if we need to coordinate your care with any other agencies or professionals.

### Contact us

Tel: **0113 843 4388**

Email: [leeds.mws@nhs.net](mailto:leeds.mws@nhs.net)

### Online support

You can get support at

[www.leedsmentalwellbeingsservice.co.uk](http://www.leedsmentalwellbeingsservice.co.uk)

### Alternative languages and formats

Please get in touch if you need this information in an alternative format. We can offer you information in other languages, in large print or braille, or in audio format. Please contact our Interpretation and Translation Support team on **0113 855 6418** or email: [translation.lypft@nhs.net](mailto:translation.lypft@nhs.net)

### Leeds Mental Wellbeing Service is a partnership between:

Leeds Community Healthcare NHS Trust, Leeds and York Partnership NHS Foundation Trust, Leeds GP Confederation, Northpoint Wellbeing, Community Links, Touchstone, Women's Counselling and Therapy Service, Homestart Leeds, Ieso Digital Health, SilverCloud Health, SignHealth

