

# Mental Health in Primary Care



Nottinghamshire Healthcare  
NHS Foundation Trust

## Mental Health Practitioner details:

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

### Let us know about your experience:

Call us: 0115 993 4542

E-mail us: [PALSandComplaints@nottshc.nhs.uk](mailto:PALSandComplaints@nottshc.nhs.uk)

Write to: PALS and Complaints, Highbury Hospital, Highbury Road, Nottingham, NG6 9DR

Use this website to share your experience by completing our online survey:

<https://rebrand.ly/UserCarerFeedback>

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقرّوءة وذلك عند الطلب



# Mental Health in Primary Care



[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

## Why am I being referred?

You may have been given this leaflet by your healthcare professional at your GP surgery after a discussion about your mental health concerns.

Our mental health and emotional wellbeing are integral to our overall health and are as important as our physical health in enabling us to live our lives as well as we can.

Difficulties with our mental health or emotional wellbeing can impact upon all aspects of our lives, so working on these difficulties can help us feel more in control and less distressed.

## Who am I being referred to?

The Mental Health Practitioner (MHP) for your GP practice is an experienced, skilled clinician, who can offer you an assessment of your mental health, and any difficulties you might have, so that together you can develop a plan. They have access to a wide range of resources, which can be used to help and guide you to improve your emotional and mental health.

MHP is a joint venture between Nottinghamshire Healthcare Foundation Trust and the Primary Care Network (PCN).



## Next steps....

Your healthcare professional will make a referral to the MHP, outlining what yours and their concerns are, what you hope to gain from the referral, and any specific information that may be useful for the MHP to be aware of (eg medications, health issues, any relevant mental health history).

The MHP will review the referral and contact you, usually by phone in the first instance. This allows you to briefly discuss your needs and goals, and to ensure they are the most appropriate person to help you.

You may then be invited to meet the MHP in person for an initial assessment. Here your health concerns will be explored in more detail. Together we will work on a plan for supporting your needs.

Your plan may include interventions such as guided self-help, referral into other services, signposting, and advice, or short-term follow up sessions. If longer term input is needed, the MHP will explore this with you.



## Confidentiality

As with all healthcare records, information is only shared with relevant people involved with your care. In exceptional circumstances a healthcare professional may need to share this to ensure your safety or the safety of others.

## Where will this happen?

The MHP will run clinics from different GP surgeries within your borough. If there isn't one at your surgery, the MHP will try and offer an appointment as close to your usual surgery as possible or discuss other options with you.



## What is it's not for me?

We recognise the benefits of the service and hope you will too. It is your choice whether to engage with the MHP or not **Your health, Your choice!**

If you change your mind in the future, you can discuss re-referral with your healthcare professional.

## Support you may find useful

Help in a crisis: 0808 196 3779

This number is to offer telephone support to those who are in mental health crisis. It is accessible for people of all ages and is available 24/7.

Samaritans: 116 123 or [www.samaritians.org](http://www.samaritians.org)

Shout: (text) SHOUT to 85258

This is a free and confidential text service where volunteers are available 24/7 to help if you are struggling with your mental health.

MIND: [www.mind.org.uk](http://www.mind.org.uk)

Staying Safe: [www.stayingsafe.net](http://www.stayingsafe.net) Online support to help people to keep them safe from thoughts of self harm and suicide. They offer tools to help keep yourself safe.

NHS [www.nhs.uk/mental-health/self-help](http://www.nhs.uk/mental-health/self-help)

Stay alive : [www.stayalive.app/](http://www.stayalive.app/)

**Please try any of the above if you are struggling with your mental health, but remember in a life threatening emergency call 999 or go to your local A&E department.**