

Hyndburn Mental Health Hub

From Primary Care



Mental Health Practitioners

IT'S OK TO NOT BE OK
Your Mental Health Matters

What is a Mental Health Practitioner (MHP)?

The MHP is a Mental Health professional who works within GP practices. They offer assessment and provide guidance for adults who are experiencing mental health difficulties.

Aim

The aim is to ensure that people who may be struggling with a change/deterioration in their mental health, receive a prompt, specialist mental health assessment. This is carried out locally at a GP surgery.

Who is this service open to?

This service is available to anyone aged 16 years and older with a mental health concern and not currently receiving treatment from NHS Mental Health Services.

How can I make an appointment with the MHP at my GP surgery?

You can call your GP practice and discuss your concerns with the Care Navigators; explaining your current needs.

You may also be given an appointment following discussion with your GP, practice nurse, advanced staff practitioner, health visitor or any other clinical staff attached to the surgery.

Appointments are offered Mon-Tue, Thurs-Fri.

What can I expect from the MHP?

You may initially receive a phone call to briefly discuss what you have been having difficulties with. Following this you may be offered a further detailed appointment with the MHP to further assess your mental health needs. This appointment can last up to 30 minutes and can be a:

- Face to face appointment at a local GP surgery
- Telephone appointment if you are unable to travel to the surgery or feel unable to do so
- Video Link appointment using Accurx Video Consulting.

Following this assessment, the outcomes may include:

- The MHP may ask you to return for a review appointment. This will be to further assess your needs and help you to manage your difficulties more effectively through short-term psychological interventions around self-therapy. If necessary, you may be provided with further sessions and may be referred onto longer term intervention services.
- Signposting/referral to potentially useful online/self-help resources
- Referral or signpost to the most appropriate service or a relevant third sector or voluntary organization

Where will the MHP be based?

The MHP will be based in the Hyndburn Central locality; accessible to patients from the following GP practices:

- Richmond Medical Centre
Telephone – **01254 282460**
- Oswald Medical Centre
Telephone – **01254 369123**
- Peel House Medical Centre
Telephone – **01254 964974**
- Accrington PWE
Telephone – **01254 733977**
- Blackburn Road Medical Practice
Telephone – **01254 287180**

What about confidentiality?

Your health records contain information about your health and any care or treatment you receive. These records are stored securely on computer. Following your appointment, the MHP will add to your health records to keep an up-to-date record. In certain circumstances we may be required to share your information with other professionals and agencies. Your consent would be sought if a request to share information was made unless impossible due to urgency and necessity.

If support is required in crisis out of hours, call
NHS 24 on 111

They can connect you to a nurse, GP or other local services.
They can also send out an ambulance if necessary.

Or

The Initial Response Service (IRS) on 0300 029 0500

They can provide you with mental health care, advice, support
and treatment 24 hours a day

You can also call the Samaritans for free on **116 123**. You don't
have to be suicidal to call for help.

Information and Advice

- **NHS**
www.nhs.uk
- **Mental Health Foundation**
www.mentalhealth.org.uk
- **Mind Infoline**
Call **0300 123 3392**, Text: **86463** or
email: info@mind.org.uk
- **Breathing Space**
Call **0800 838 587**
- **Rethink Mental Illness**
Call **0300 5000 927**
www.rethink.org

Ask for help

If you're concerned about your state of mind and feeling low or anxious, it's a good idea to start by talking about your feelings with friends and family.

Don't be ashamed of your feelings

Worries about mental health are the second most common reason for visiting a doctor. So you're not alone