

## **Who might benefit from the PCMHT?**

Adults aged 16 + (not in full-time education) who are patients of GP's in the North Bradford area and who are experiencing mild to moderate mental health issues that are affecting their daily lives. These may include: -

- Mild/moderate depression
- Bereavement and loss issues
- Anxiety problems
- Adjustment to ill health
- Difficulties in coping
- Phobia's
- Reactions to traumatic events
- Relationship difficulties

The team are unable to see individuals requiring urgent intervention, continual supervision/ support, those with serious risk issues, unstable psychotic conditions or serious unmanaged substance misuse. The team are unable to act as care-coordinators or key workers regarding care program approach.

## **Making a referral**

We accept referrals from GP's and other primary care workers in North Bradford. Referrals from other appropriate professionals such as the community mental health team will also be accepted. Referrals may be given directly to therapists, phoned through or sent by post/fax using either the team's referral form (included in the pack) or a letter if you prefer.

## **What to expect after referral**

Following referral, service users are sent a letter inviting them to "opt in" to the service. Where possible we will offer an initial appointment time at they time they contact us to opt in. The aim of the initial appointment is to assess the person's difficulties and how their needs can be met and also to provide information about the team and what can be offered. Where there is no contact from a service user within a specified time they will be discharged.

There may be a wait between initial appointment and commencing work with the team - we aim to keep waiting times to a minimum. We will keep you informed of the progress of treatment via EMIS and/ or letter.

Where service users require other services rather than PCMHT intervention we are happy to refer on/make appropriate arrangements provided you are in agreement.

## **How to contact us**

For further information, referral advice or to give feedback please contact the PCMHT on (01274) 366180