



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.

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 either offer you an appointment or discuss your needs further by phone. Usually an appointment would be at a local GP surgery but may not always be your own. 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 will 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.

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

The team are not based within GP surgeries every day but messages left with your GP surgery will be passed on to us.

24/7 online support

You can get support at
www.leedsmentalwellbeingservice.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

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

