



## Welcome to the Leeds Mental Wellbeing Service newsletter.

Welcome to the first edition of the LMWS newsletter. Our aim for this newsletter is to provide key news, updates and information for all organisations with an interest in mental wellbeing in Leeds. We hope to encourage you to engage with our staff and services as we work together to provide the very best support to people throughout the city.

### New LMWS Head of Operations

Louise Jones (below) has joined LMWS as our new Head of Service (Operations). A mental health nurse with 21 years' experience, Louise formerly worked within LCH in the Children's Business Unit, CAMHS Leeds Children & Young People's Eating Disorder Service as Team Manager. She is joined by Kiri Birch, our new Operational Manager. An Occupational Therapist by profession, Kiri joins us from LCH Specialist Business Unit, Community Neurological Rehabilitation Service.



### Wellbeing workshops launched

LMWS are delighted to announce our new programme of free, online workshops covering a wide range of wellbeing issues. These standalone sessions take place on Thursdays from 1-2pm and are available to everyone age 17+ who is registered with a Leeds GP. Sessions include Sleep Well, Managing Stress, Managing Panic, Unhelpful Thinking in Low Mood and many more. As with all online classes, clients can book a place directly online. For more information and bookings, please visit the [LMWS website](#). Full referral details on [Page 4](#).



## LMWS depression support

Updated NICE guidance calls for all clients with less severe symptoms of depression to be offered a menu of treatments prior to anti-depressant medication. LMWS can provide a wide range of options for Step 2 depression recovery, enabling referrers to work with clients to identify the best course of action.

- **Omnitherapy**—online modules that clients can access directly from the [LMWS website](#) and fit around their personal schedule and commitments.
- **Online classes**—clients can [register directly](#) for our Depression Recovery course, available both daytime or evening, teaching practical CBT techniques for clients to exercise in their daily lives.
- **Workshops**—new standalone sessions teaching CBT methods to improve low mood, stress and unhelpful thought patterns. Clients can [register directly](#).
- **Talking therapies and counselling**—clients [self refer](#) via phone on 0113 843 4388 or the [LMWS website](#) for a full assessment for one to one therapy, CBT and counselling for depression.

For more information, please visit the [LMWS website](#).



## Patient story: Peer Support

LMWS supported Tracey to overcome depression and alcohol misuse. She now volunteers with Peer Support. Her journey began with her GP who ‘really listened and cared.’

‘My role as a volunteer helped to bring everything together and help me stay well. It has given me so much confidence.’

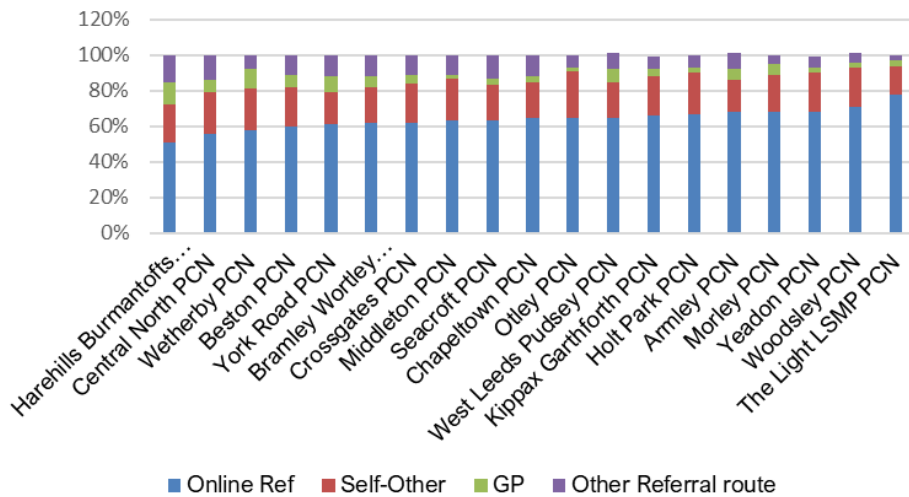
Tracey started CBT with an LMWS therapist and was referred to Forward Leeds to help her stop drinking. When Tracey said she needed ‘a purpose and focus’, her therapist suggested she volunteer with Peer Support. Now, Tracey uses her lived experience to help destigmatise CBT and help others who are new to the service.



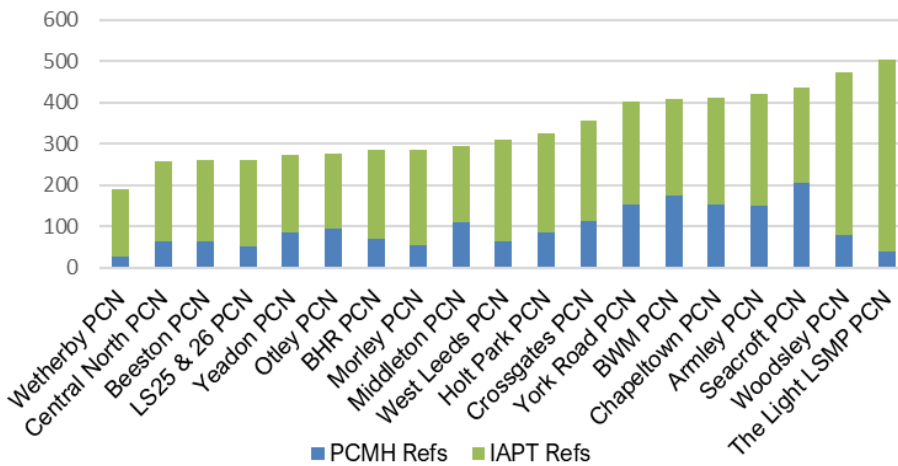


## Referral Data, Waiting Times and Vacancies

Referral route into Therapies (IAPT)



Referrals per 10k population (Dec 20-Nov 21 inclusive)



<b>Screening (telephone)</b>	3 weeks
<b>Screening (face to face)</b>	3-4 weeks
<b>Step 2—Silvercloud</b>	5 months
<b>Step 2—GSH</b>	6 months
<b>Step 3—CBT IESO</b>	6 weeks from offer
<b>Step 3—CBT with LMWS clinician</b>	13-14 months
<b>Step 3—Counselling for Depression</b>	5 months
<b>Step 3—IPT</b>	3 months
<b>EMDR</b>	4 months
<b>Employment Advising</b>	4 weeks from referral

### Psychological Wellbeing Practitioner

The successful candidate will work to assess and treat adults with common mental health disorders. Applicants must have completed the IAPT Low Intensity training course or be nearing the end of your course.

[Full vacancy details.](#)

**Deadline: Sunday 13th February**





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## LMWS Older People campaign



LMWS is working with [Magpie](#) agency, specialists in behaviour change, to reach out to older adults in Leeds' most deprived communities. The campaign will specifically target those who are more likely to be digitally excluded by developing innovative outreach methods, translated into a variety of languages to reflect the city's diverse communities. They will commence by engaging members of the target audience to cocreate strategic communications. If you'd like more information on the campaign, please email [kate.vine@nhs.net](mailto:kate.vine@nhs.net).

## Refer to LMWS

For talking therapies, online groups and classes (previously known as Leeds IAPT), patients can [book directly](#) onto specific courses or [self refer](#) via phone on 0113 843 4388 or the [LMWS website](#) for a full assessment. This is suitable for clients with recent onset mild-moderate or moderate-severe symptoms of low mood/depression, anxiety disorders including GAD, panic, OCD mild bulimia and PTSD. Patients should have stable SMI and motivation to engage.

**Primary Care Mental Health (PCMH)** [LMWS PCMH](#) services are more appropriate for those who are unlikely to engage or self refer due to chronic and/or complex mental health difficulties. PCMH also support those who would benefit from talking therapies but face barriers such as language or digital illiteracy. Refer clients to PCMH via SystemOne HOME template GP-MH, or PCMH Referrals template/EMIS-internal task.

**Full guidance at the [LMWS website](#).**

## Contact us



**Tel:** 0113 843 4388 (8am—4pm)

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

**Visit:** Burmantofts Health Centre,  
Cromwell Mount Leeds, LS9 7TA

**Twitter:** [@LMWS NHS](#)

**Facebook:** [@leedsmentalwellbeingservice](#)

[Visit the website.](#)