

### Primary Care Mental Health -capacity update!

PCMH Teams are still working through a backlog in referrals due to increased referrals throughout 23-24. Current average time to first contact is between 2-3 weeks however some people may then wait considerably longer for an intervention. 4 PCNs particularly struggling with longer waiting times are Central Morley, LS25&26, & Woodsley PCNs but all PCNs are less responsive at present.

LMWS is aware of the impact increased wait times has in General Practice and is working hard for solutions to return to being a more responsive service.

A number of referrals are still being made to PCMH which are clearly for Talking Therapies or might have benefited from a Healthy Minds style intervention in first instance. Please consider these options before referring to PCMH- see also the significantly lower wait times for Talking Therapies at the present time.

Reminder also that PCMH was not designed to be an URGENT service so patients in CRISIS need directing to CRISIS support.

### NHS Talking Therapies –(formerly IAPT)

As part of Leeds Mental Wellbeing Service our NHS Talking Therapies arm offers support to those struggling with symptoms of depression & anxiety (including anxiety subgroups such as PTSD, social anxiety, OCD, panic etc). We provide evidence-based, structured therapy for a short period of time to support clients to learn ways to manage their symptoms. (See below for range of our offer and current waiting times.)

#### Current Waits – Talking Therapies

<b>Complete detailed online or telephone assessment</b> Tel: <b>0113 843 4388</b> <a href="#">Self Referral</a>	
<b>Current Therapy interventions</b>	<b>Average Wait times &amp; Suitability</b>
cCBT (online) <i>Silvercloud</i> -see page 2	<b>4 weeks</b> (Mild- Moderate Common MH disorder)
Guided Self Help -CBT (phone or face to face) see page 2	<b>6-8 weeks</b> (Mild- Moderate Common MH disorder)
1:1 online 'typed' CBT - <i>IESO</i> – see page 2	<b>2 weeks</b> – (Moderate Common MH disorder)
1:1 CBT (phone or Video) via partners XYLA or IESO ( <i>subject to eligibility criteria</i> )	<b>4 months</b> (Mod-Severe Common MH disorder)
1:1 CBT (face to face, phone or video) via main service	<b>4 months</b> if patient has wide availability (Mod-Severe Common MH disorder)
Counselling for Depression (online or F2F) - <i>CfD</i>	<b>4 months</b> –(offered after Guided CBT as a step up)
Step 3 Groups: CBT for Social Anxiety (face to face), CBT for GAD -online, Mindfulness based CBT -online	<b>3-6months</b> (Moderate to Severe Common MH disorder)
<b><i>Pregnant women, new mums &amp; partners of, Veterans &amp; Anyone Over 75 have priority in LMWS TT &amp; will likely wait less than 4months for treatment.</i></b>	

Talking Therapies – continued - The Following can be booked directly from our website <a href="#">HERE</a>	
Direct Access courses and classes	Average Waits and access info
<b>Online courses</b> - Panic Attacks , Stress& Anxiety, Depression , Self-Esteem, Bereavement, Stress in Parenthood, Post Natal Depression	Available 24/7 - (can be accessed on laptop, tablet, smartphone etc)
<b>Online Workshops – single session 2hr workshop</b> Sleep Well, Struggling with Motivation, Unhelpful thinking in Low Mood, Managing Worry, Managing Panic, Managing Stress	Up to 6 weeks – rolling programme *Run on MS Teams Live -Patients are not required to actively participate in classes or download any app.
<b>Online Classes</b> – 6-week sessions Stress control, Depression Recovery, GAD Recovery Group	Up to 6 weeks – daytime and evening classes *Run on MS Teams Live -Patients are not required to actively participate in classes or download any app.

Unfortunately Talking Therapies are unable to offer support for those who are already under the care of other mental health services, such as CMHT, & cannot offer support with diagnosis, prescription queries or management of severe mental illnesses. We do however accept referrals for patients with stable SMI where depression or an anxiety disorder are the primary focus for treatment.

*Please see ‘Accessing Adult Mental Health Services in Leeds - A Quick Reference Guide for GPs & Practice Staff’ below for more info.*

### New Offer - NHS Talking Therapies –‘Depression Recovery Group Using Islam’

See attached & - [HERE](#) for information on a new offer. This will begin in June 24 & will be promoted through range of media to local communities.

## Talking Therapies Interventions Explained

**What is cCBT Computerised CBT Silvercloud**- current wait 4 weeks (Mild-Mod Common MH)

The following video can be used with patients to explain how computerised CBT via Silvercloud can help [Silvercloud cCBT](#)

**What is Guided Self Help** - current waiting times 6-8 weeks – (Mild-Moderate Common MH)

Guided self-help involves using self-help materials based on Cognitive-Behavioural Therapy (CBT) to learn techniques to help manage symptoms of depression, anxiety, panic attacks, phobias and stress with the help of a Psychological Wellbeing Practitioner. Patients work through materials and techniques with a Psychological Wellbeing Practitioner. This can be remote or face to face.

**What is Typed CBT? Provided via IESO** - waiting times 2 weeks - (Moderate-Common MH)

Typed CBT is usually offered to patients & can be preferred option if patients find it difficult to open up with someone. Patients are allocated to a trained therapist & agree dedicated time each week to have 1:1 typed CBT. The following video can be shared with patients. [Understanding IESO for referrals](#)

## Accessing Adult Mental Health Services in Leeds - A Quick Reference Guide for GPs & Practice Staff

PRESENTING SYMPTOMS	Low Level Emotional or Social Support needs (isolation, housing, financial issues, employment problems)	Mild/Moderate symptoms of anxiety or depression panic disorder, OCD  Able to self-refer for therapies &/or online resources	Moderate, severe anxiety & depression emotional turmoil grief, stress	Moderate-Severe depression, multiple traumas, deteriorating SMI, poor engagement with services (i.e., the 'revolving door' patient)	Severe cognitive, & emotional problems relating to a mental health diagnosis warranting psychiatric assessment or deterioration of a known severe mental health illness	Acute mental health problems with immediate risk to self or others
WHO CAN HELP	<b>Social Prescribers</b> e.g. Patient Ambassadors, Linking Leeds*  <i>Remote appts or Self Ref or PCN Hubs</i>	<b>Mindwell</b> <a href="http://mindwell-leeds.org.uk">Home - MindWell (mindwell-leeds.org.uk)</a> <b>or</b> <b>NHS Talking Therapy</b> <a href="https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/">https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/</a>  <i>If unable to self refer, consider Healthy Minds or seek guidance from PCMH</i>	<b>Healthy Minds</b>  <i>Book through remote appts or on Extended Access Platform</i>	<b>Primary Care Mental Health Teams (PCMH)</b>  <i>Task/Refer inside Clinical Systems</i>	<b>Community Mental Health Team (CMHT)</b>  <i>Referral Form in Clinical systems to SPA</i>	<b>CRISIS</b>  LYPFT SPA  <i>0800 1831485- speak to clinician or call police if risk imminent</i>
WHAT TO EXPECT	Assessment Signposting Goal setting Coaching Liaising with GP/other services	Self Help Resources Useful Courses Self-Referral Pathways into Therapies, Groups etc Peer Support etc	One contact but can be more if needed Helpful conversations Triage into PCMH or talking therapies	Assessment Decision support to professionals Short term interventions Safety planning	Psychiatric Assessment Prescribing Longer term interventions Care coordination	<b>Assessment within 72hrs</b> <b>(can be same day if emergency assessment appropriate)</b>