

Primary Care Mental Health Nursing Service

Are you struggling with issues that affect your mental health? You can arrange an appointment with the Practice Primary Care Mental Health Nurse (PCMHN).

About PCMHN service:

We aim to provide an environment in your GP practice for the exploration of issues which may be affecting your mental health. We can then work together to help you find ways to improve your health and wellbeing with a focus on self-help outside appointments with your nurse. This service is available for individuals aged 12 and over in most surgeries. The expansion of the service to see 12-17 year olds is new and not available in all areas so please check with your own practice as to what is available locally.

We are able to provide advice and treatment in regards to:

- Anxiety and Stress—Education and guidance about ways to manage symptoms associated with anxiety and stress.
- Low mood and depression—Lifestyle advice to aid issues with mood and self-help strategies you can explore and develop. We are also able to provide information and access to online resources including online and text based Cognitive Behavioural Therapy.
- Trauma –Self-help advice regarding management of symptoms related to trauma.
- Relationships—Advice about how to access relationship counselling if you identify aspects of a relationship you would like aid in addressing.
- Autism and ADHD - The nurse is not able to assess or diagnose cases of Autism or ADHD but can assist with self-help strategies to help manage symptoms as well as discussing appropriateness of referral to other services.
- We can consider medication options if this is indicated and appropriate(for individuals aged 18+ only).

Referral Criteria:

You can make appointment with the PCMHN via reception at your GP surgery-this is a self referral service. Other healthcare professionals in the practice may also suggest you have an appointment with the PCMHN and arrange this for you following review.

Please note- If you are engaged in treatment with another service, such as counsellor, psychologist, community mental health team or Consultant psychiatrist the PCMHN is likely to suggest that ongoing care and treatment is provided via that service.

Out of Hours/Crisis contact numbers:

- NHS 24 – 111
- [Breathing Space](https://www.breathingspace.org.uk) 0800 83 85 87 (6pm - 2am Monday - Thursday & 6pm - 6am Friday - Monday)
- Sane Line – 0845 767 8000 6pm - 11pm 7 days a week
- Samaritans 1216 123 (24 hours, 365 days) - Email jo@samaritans.org
- SHOUT: Text Support, free to use – Text “Shout” to 85258