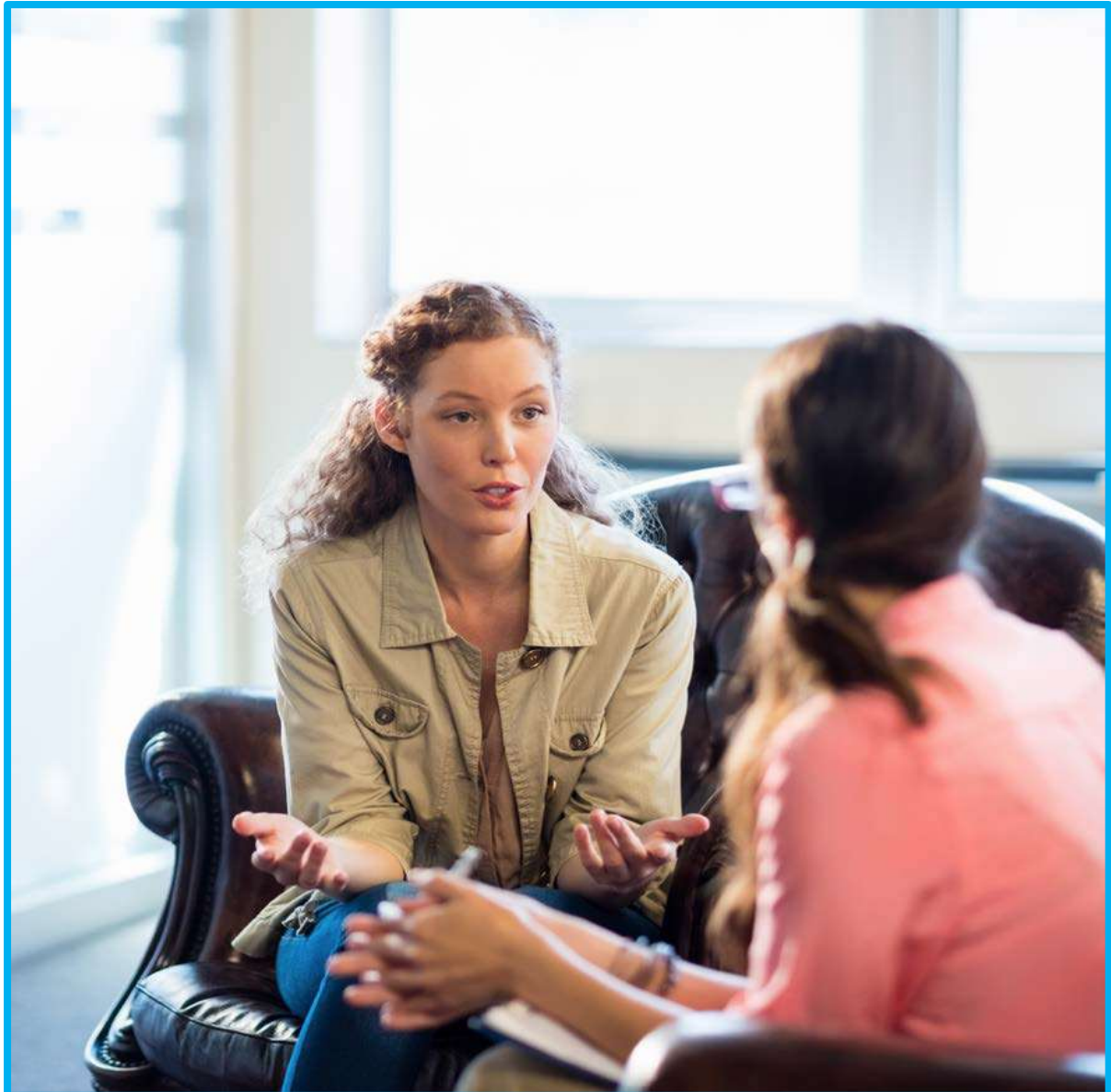


North Tandridge Primary Care Network



GP Integrated Mental
Health Service
(GPimhs)



What is the GP integrated mental health service?

GPimhs brings expert advice and guidance for people experiencing a wide and potentially complex range of mental health & emotional wellbeing issues into your GP practice, working to understand your needs and connect you with services to provide the support you need in the community.

We all experience difficulties in life. Sometimes we need more help in understanding and coping with these difficulties, especially when they begin to affect our general wellbeing, level of everyday activity and personal relationships.

Due to the current outbreak of COVID-19 we have adjusted the way we work for the time being and face to face appointments are not currently available. Our staff will be able to discuss the best method to support and communicate with you when they ring to arrange your initial appointment. This could be by telephone or a secure online video call if that option is available to you.

What can the service offer you?

- An initial assessment which gives you enough time (around 30 minutes) to discuss what is going on for you and we will work with you to make a plan.
- Quick, easy access to practical advice, guidance and if required support to connect you into services and/or treatments that can help you achieve your goals

Who can use this service?

GPimhs is for anyone over 18 who is registered with a GP in Caterham Valley Medical Practice, Chaldon Road Surgery/ Warlingham Green Medical Practice, Elizabeth House Medical Practice, Townhill Medical Practice or Whyteleafe Surgery.

Anyone experiencing mental health problems or difficulties that are impacting their everyday life would benefit from this service. You don't need a diagnosis to be supported by GPimhs and once we talk if it is felt that another service might better meet your needs, or if you are already getting support from elsewhere, we will work with you to think about this and find the best solution that works for you.

We will also seek to ensure that people's wellbeing and independence is enhanced by involving their family, friends and anybody who supports you in keeping you well.

What can you expect?

Telephone/ virtual (online) appointments generally last for around 30 minutes and we may offer you more than one session. Each appointment is an opportunity for you to talk about

what is happening in your life and how this is making you feel. We can then help you make sense of that and support you to make a plan to address the things that matter to you.

This plan won't just cover your mental health and physical health but will include supporting you with things that may be impacting your life and mental health such as finding a job, getting out of debt, managing relationships or ensuring you are linked to the appropriate housing advice services.

You may be put in touch with a different member of the GPimhs team who will be best placed to support you.

Who works with us?

GPimhs consists of a team of practitioners from different NHS and community backgrounds who are experienced in helping people with their mental health and emotional wellbeing. We work closely with your GP.

You may in the first instance receive a telephone call from our team administrator and be offered a phone appointment with a member from the team, such as a mental health practitioner or community connections link worker. They will work with you so that you are supported with your difficulties in a way that feels best for you.

We can provide support in the following areas, which will be agreed in discussion with you:

- Information and guidance around emotional and physical wellbeing.
- More time to help make sense of difficulties.
- Practical support to access community resources.
- Brief interventions around ways of coping with stress and anxiety.
- Access to mental health pharmacist.
- Links to other mental health services and providers of therapy.
- An ongoing plan that is shared with your GP.

How can you get in touch with GPimhs?

You will be referred to GPimhs by your GP or Practice Nurse. If you have an appointment and need to reschedule, please email NorthTandridgePCN@sabp.nhs.uk or call [07795 445959](tel:07795445959)

We are not a therapy service but work closely with providers of talking therapy. If you wish to access talking therapies for common mental health problems, we can provide you information about this

This service is provided through Surrey and Borders Partnership NHS Foundation Trust who are the lead data controllers, for more information on how we use your data please visit our website <https://www.sabp.nhs.uk/our-services/advice-guidance/sharing-your-info>

If you're in crisis

Please note, this is not an emergency service. There are other ways to get urgent help if you or your loved one is in a mental health crisis.

Crisis helpline

Open 24 hours a day. 7 days a week: 0800 915 4644
If you have speech or hearing difficulties text 07717 989024.

Safe Haven

Open for people experiencing a mental health crisis: 6pm to 11pm, daily

During the Covid-19 outbreak the Safe Haven remains open but has shifted its focus to supporting just those experiencing a mental health crisis.

The Prop, 30 Goldsworth Road, Woking, Surrey GU21 6JT

For other Safe Havens across Surrey visit <https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>

If you would like this information in another format or another language, please call 01372 216285 or email communications@sabp.nhs.uk



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