

## Confidentiality

The information that you share at assessment may be personal and sensitive. All NHS employees are professionally and legally required to maintain a strict code of confidentiality.

If your mental health practitioner feels that your own safety or the safety of others is at risk, it may be necessary to share some of your discussions with other agencies. Your mental Health practitioner will always let you know if they are going to discuss your information with relevant agencies.



## Useful Contact Numbers

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### LIFELINE:

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Tel: 0808 808 8000

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### GP OUT OF HOURS:

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Tel: 028 3839 9201

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### PRIMARY MENTAL HEALTH CARE TEAM:

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Armagh/Dungannon  
Tel: 028 3756 6266

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### PRIMARY MENTAL HEALTH CARE TEAM:

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Craigavon/Banbridge  
Tel: 028 3834 7537

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### PRIMARY MENTAL HEALTH CARE TEAM:

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Newry/Mourne  
Tel: 028 3756 3587

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### MENTAL HEALTH BOOKING CENTRE:

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Tel: 028 3756 3430

Personal and Public  
Involvement (PPI)



Involving you,  
improving care

[www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk)



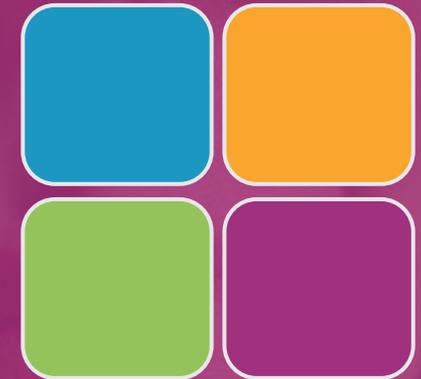
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Southern Health  
and Social Care Trust

*Quality Care - for you, with you*

# PRIMARY MENTAL HEALTH CARE TEAM



INFORMATION LEAFLET

## This leaflet briefly explains the Primary Mental Health Care Service and what to expect when you attend for assessment.

The main aim of the Primary Mental Health Care Service is to provide individuals with the **'Right Service at the Right time delivered by the Right person'**. A range of mental health and psychological treatments for people who are experiencing common mental health problems are available.

This service is for adults aged 18 and over who will benefit from a brief course of treatment.

We have three teams within the Southern Trust Area; Each with a Team Leader, a Consultant Psychiatrist, Cognitive Behavioural Therapists (CBT) and Mental Health Practitioners.

## What will happen at my first appointment?

- > Your first appointment may last up to 1 hour.
- > The purpose of the first appointment is to give you an opportunity to explore with an experienced professional the reason for referral. During this appointment your mental health strengths and needs will be assessed.
- > The aim of the assessment is to work collaboratively with you to identify the most appropriate professional in the team to engage with you or, alternatively you may be signposted to another service.
- > If you are prescribed medications please bring this information with you to this appointment.
- > You may bring a family member or carer along for support if you wish.

## What will happen after my first appointment?

- > It may be agreed that you would benefit from further input from the Primary Mental Health Care Team. You will be offered treatment either in a group or on an individual basis. These sessions will be aimed at helping you to better understand and manage your mental well-being. This may be challenging as they rely on your participation and motivation to change. A shared approach has been found to work best to bring about change.
- > The person who referred you will be informed of the outcome of the assessment.

