

## Primary Care Mental Health

We all experience changes in our mood and anxiety levels at times, for various reasons. If these changes are persisting, you may find it helpful to seek assessment and treatment from an NHS-funded primary care mental health service that provides assessment and treatment for what are referred to as 'mild to moderate common mental health problems' without the need for a GP referral\*. These problems are considered common as they affect one in four of us over the course of our lifetime and include stress, depression and anxiety.

The service(s) you are eligible to access is determined by the GP practice you are registered with. We would recommend that you register with a local GP practice for the duration of your studies.

If your referral is accepted\*\*, the provider will contact you to arrange an initial assessment. Your chosen provider (please only approach one service) should be able to tell you how long you are likely to wait for an assessment and for treatment to start. Services will try their best to offer prompt care but do bear in mind that any preferences regarding location and appointment day/time can potentially increase waiting times.

**Trent PTS** - All initial appointments/assessments are conducted face to face – Trent PTS does not use telephone assessments. You can make a self-referral via their website <http://www.trentpts.co.uk/self-referral/> or over the phone 01332 265659 (for Derbyshire) or 0115 896 3160 (for Nottingham city or Nottinghamshire)

**Let's Talk-Wellbeing** - The first appointment is generally completed on the phone. For self-referrals in Derbyshire and Nottinghamshire: <https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx> or call 0115 956 0888. For Leicestershire County or Rutland: [www.iaptportal.co.uk/ltw.html](http://www.iaptportal.co.uk/ltw.html) or call 0115 8760157. For Leicester City: [www.iaptportal.co.uk/leicself.html](http://www.iaptportal.co.uk/leicself.html), call on 0116 2927010 or email [leicesteropenmind@nottshc.nhs.uk](mailto:leicesteropenmind@nottshc.nhs.uk)

**Insight Healthcare** - self-refer [online](#), call on 0300 555 5582 (local rate) or email [east.midlands@insighthealthcare.org](mailto:east.midlands@insighthealthcare.org)

**Turning Point** - Online: [Self Referral Form](#). Email: To refer via email complete the [Self Referral Form](#) and email it back to us at [nottingham.talking@turning-point.co.uk](mailto:nottingham.talking@turning-point.co.uk). Telephone on 0300 555 0456 (local rate) any time between 9am and 4pm Monday to Friday. For fastest support, please call at a time and from a place suitable to for talking about how you feel. This call will last around 40 minutes. If you would prefer not to discuss your feelings on the phone, you can register with us in a 10 minute call with a receptionist. Face to face: Drop into our office any time between 1pm and 3pm Monday to Friday. Turning Point Talking Therapies, Unit 5, Victoria Court, Kent Street, Nottingham, NG1 3LZ.

**Talking Mental Health Derbyshire** - To self-refer: <http://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire/how-to-access-the-service/self-referral-form/> or call 0300 123 0542

\* We would recommend that you first discuss these problems with your GP.

\*\*If you are having ongoing suicidal feelings or have been making attempts to end your life, are experiencing self-harm or a serious mental health condition such as psychosis, please seek appropriate psychiatric/psychological help via your GP. If you also have problems with substance/alcohol abuse or difficulties managing your anger, it is likely that you would need the support of other services to help address these initially. Anyone currently receiving psychiatric care is advised to continue with their recommended care programme and would not be eligible to access primary care mental health services.