

Important Information

WestSpace for self-help
(<https://www.westspace.org.uk>).

Free Self Help Apps include:

- STOPP
- The Deciders Skills
- WRAP
- Sleepio
- CALM
- IESO
- No Panic
- Samaritan Self Help
- SilverCloud
 - Smiling Minds
- Student Health
- Thrive
- The Worry Tree
- For younger people – MEE TWO & Mindshift

Safety Plan Information

- Breathing Space: 0800 838587
- SHOUT – text 85258
- Samaritans: 116 123 or 08457 90 90 90

If you need urgent mental health support due to active suicidal thoughts:

- Call NHS 24 Mental Health Hub on 111 or call emergency services on 999.
- Alternatively, you can attend A&E where you can be seen by the onsite Mental Health Team.

Who to contact?

Please contact your Practice Reception to book an appointment with the Practice Mental Health Nurse.

Self-Referral contacts:

- **West Lothian Drug & Alcohol Service** - 01506 430225
- **Change, Grow Live (CGL) West Lothian Recovery Service** - 01506 353453.
- **The Spark Counselling & Relationship Support** - Free relationship helpline: 0808 802 2088 Monday -Thursday 9am-9pm, Friday 9am-4pm
- **CRUSE Bereavement Care**
Scotland National Helpline: 0808 802 6161 (Monday-Thursday 9am–8pm & Friday 9am-4pm)
- **DASAT (Domestic & Sexual Assault Team)** 01506 281055 or mobile/text (9am–5pm) 07818 421480 & 07917 582539).



West Lothian
Council



West Lothian Community
Health and Care Partnership

Practice Mental Health Nurse Service

Is the person (18 + Note no upper age limit) experiencing "mental health " "stress" "anxiety" "depression" "low mood" "panic attacks" or similar?

We do not see patients with known or suspected dementia

Information leaflet

Is this you?

If you find yourself agreeing to a lot of the following statements, then this can be a sign of having difficulties with your mental health.

Little interest or pleasure in doing things?

Feeling down, depressed, or hopeless?

Trouble falling or staying asleep, or sleeping too much?

Feeling tired or having little energy?

Poor appetite or overeating?

Feeling bad about yourself—or that you are a failure or have let yourself or your family down?

Trouble concentrating on things, such as reading the newspaper or watching television?

Moving or speaking so slowly that other people could have noticed? Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual?

Thoughts that you would be better off dead or of hurting yourself in some way.

Feeling nervous, anxious, or on edge

Not being able to stop or control worrying

Worrying too much about different things

Trouble relaxing or being so restless that it's hard to sit still

Becoming easily annoyed or irritable

Afraid that something awful might happen

The Role of the Practice MH Nurse (PMHN)

The PMHN works closely with the GPs in your practice. We offer 25-minute appointments to assess your mental health and signpost you to the appropriate help.

The PMHN will see patients requesting a GP appointment for mental health, stress, anxiety, depression, low mood, panic attacks or similar.

These are patients who normally cope well, experiencing mental health symptoms because of current adverse life events e.g:

- Recent relationship problem
- Recent bereavement
- Recent redundancy
- Family illness

These patients will often be in work and have reasonable social support networks and would be expected to recover within a relatively short period of time.

At your appointment the PMHN will assess if you need the following:

- ✓ Do you require urgent same-day due to active suicidal thoughts?

- ✓ Do you meet the criteria for the Community Wellbeing Hub?
- ✓ Do you require referral to secondary care triage?

The PMHN can signpost you to:

- Self-help information, Self Help Apps including the STOPP & The Decider Skills
- Refer you to online Cognitive Behaviour Therapy Course
- Signpost you to 3rd Sector organisations for counselling & support
- Signpost you to WLDAS if you need help with Drugs/ Alcohol
- Provide follow up when medication has been prescribed
- Where a GP has prescribed you medication you will be advised to book with the PMHN in 4/6 weeks for follow up.
- If you GPs feels you would benefit from an appointment with the PMHN, they can advise you to book in for further assessment.
- If you attend frequently with mental health issues, the PMHN can help you create a Wellness Recovery Action Plan or Treatment plan, where needed.
- If you are currently under the care of Adult Mental Health, please contact your Health Professional