

# Primary Care Mental Health Argyll and Bute



## Who Are We?

A multi-disciplinary team comprising Primary Mental Health Care Workers, Specialist Occupational Therapists, Guided Self Help Workers and Primary Care Mental Health Nurses employed to provide a service to patients within GP practice populations across Argyll & Bute.

## What do we provide?

We provide mental health assessment and psychological therapy approaches for patients presenting with common mental health problems such as Depression, Anxiety and Adjustment Disorders. Intervention is time limited providing an average of 6-8 treatment sessions however, there will be some therapies which recommend more sessions, for example Behavioural Activation. In addition to provision of psychological therapies the specialist knowledge and approaches from Mental Health Nursing & Occupational Therapy are provided.

We offer a service of consultation and advice to primary care clinicians, statutory and voluntary agencies working towards a concept of shared care.

## Key Service Aims and Objectives

- Provide an accessible Primary Care Mental Health Service to local communities.
- Form integrated working practice within a Primary Care setting.
- Maintain close links with wider mental health services to ensure a smooth care pathway for patients in the event of need for higher intensity mental health intervention.
- Targeted, effective brief psychological interventions based on low intensity CBT and Behavioural Activation models of care.
- Consultation and advice on the management of common mental health problems.
- Participate in recovery-focused practice working in partnership with patients.
- Prevention of inappropriate referral to secondary mental health services.
- Reduce occurrence or minimise impact of mental health problems through early detection and intervention.

### How can you access the service?

- You can request referral through your GP or a Health Professional you have contact with (Practice Nurse, Midwife, Health Visitor).
- You can also self-refer to the service by emailing [nhsh.abpcmhselfref@nhs.scot](mailto:nhsh.abpcmhselfref@nhs.scot), alternatively request a referral form from your GP practice.