



Self Help Materials:

Northumberland self-help leaflets:

www.ntw.nhs.uk/pic/selfhelp/

The Overcoming self-help series:

www.overcoming.co.uk

Get Self Help:

www.getselfhelp.co.uk/

Mood Gym:

Information and skills training to help with depression www.moodgym.anu.edu.au

Living life to the Full:

Free online life skills for people feeling low mood and stress www.livinglifetothefull.com

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tîp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns and complaints** to: **The Patient Experience Team**, Trust HQ, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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Western Cheshire Primary Care Mental Health Team

Introduction

The Western Cheshire Primary Care Mental Health Team in partnership with Western Cheshire Clinical Commissioning Group, GP's and primary and secondary care services offers an individualised approach to mental health wellbeing.

How will I know if the service is right for me?

Your first appointment with an experienced Mental Health Nurse offers you an opportunity to discuss your current difficulties and identify specific goals and agree the most appropriate way forward.

As part of this process you will be asked questions about your current difficulties and asked to complete questionnaires. This will enable us to monitor your progress.

Who are we here for?

Many people experience difficult periods of time during their lives which may cause them to feel stressed, anxious, low in mood or depressed, often leaving them with feelings that they are unable to cope.

We offer a range of psychological and social interventions. If the service is not right for you we can refer you to a more appropriate service.

We want to provide the best possible service and to do this we have to assess our effectiveness and continually improve patient

care which means we need to collect data about our patients, their treatments and the outcomes and analyse it.

If you would like further information or if you do not want your information included in national analyses please let us know.

How do I access the service?

Your GP or health professional can refer you to our service but please wait 5 working days before contacting us to ensure we have received your referral.

We offer a wide range of days and times for appointments.

To book your first appointment

Please telephone:

01244 397 761

Between 09:00 and 17:00 Monday to Friday

If we don't hear from you within 14 days you will be discharged from the service.

General enquiries

For all other enquiries please telephone:

01244 397 762

Between 09:00 and 17:00 Monday to Friday

You may find it useful to make a note of:

The date and time of your appointment:

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The name of the Mental Health Nurse:

.....

What if I require urgent help?

We are **not** an emergency service. If urgent help is required please contact your GP or attend the A&E Department at your local hospital (24 hours).

You can contact the Samaritans' 24 hour helpline on **116 123**. This number is FREE to call.

Privacy and confidentiality

Sessions are held confidentially but a general summary will be provided to your GP or health professional. If we have any concerns about the safety of yourself or others we have a duty to share information.