

The Health in Mind service is provided in partnership by:

Sussex Partnership NHS Foundation Trust

Sussex Partnership NHS Foundation Trust provides specialist mental health, substance misuse and learning disability services across Sussex.

www.sussexpartnership.nhs.uk

Turning Point

Turning Point is an independent social care organisation providing services in the UK across mental health, learning disability, substance misuse and employment.

www.turning-point.co.uk

Health in Mind services are free for the residents of East Sussex.

Health in Mind is part of the Improving Access to Psychological Therapies Programme (IAPT).

IAPT is a country wide government initiative to improve access to Talking Therapies.

How to access Health in Mind:

You can access Health in Mind either by asking your GP to refer you to the service, or contact Health in Mind directly in one of the following ways:

Telephone:

0300 00 30 130

Lines open Monday to Friday,
9.00am to 5.00pm

Email:

spnt.healthinmind@nhs.net

Visit our website:

www.healthinmind.org.uk



If you require this document in another format such as large print, audio or other community languages please contact: 0300 00 30 130



Finding it hard to think positively?

Feeling stressed?

Not performing your best at work?

Wishing things could be different?

Lacking motivation?

Are you OK?

Strained relationships?

Life feeling hard?

Feeling under pressure?

Have a lot on your plate?

Less time for things you enjoy?



We all go through low points at times in our lives and it is not unusual to experience symptoms such as stress, anxiety and depression.

Who are Primary Care Mental Health Practitioners (PCMHPs)?

They are qualified mental health professionals from a range of backgrounds such as nursing, occupational therapy and social care.

Primary Care Mental Health Practitioners are mostly based in GP surgeries and work closely with the GPs.

They have an extensive knowledge of mental health issues and symptoms. They also have a lot of information about other organisations which can give support.

“Without your support when I needed it I wouldn’t be in the position that I am now. I know there will be bad times but you have helped give me the strength and belief that I can get through it.”

What PCMHPs do...

They will talk with you about your problems and help you make sense of how these are affecting your life. They will then work with you to find the best way forward.

If it would be helpful for you the PCMHP may also talk about mental health issues in more depth and give advice about medication.

For some people the information and support from the Primary Care Mental Health Practitioner may be all they need to get back on track.

What else PCMHPs offer...

- It might be that one of the other services or courses we offer would be the best way forward and the PCMHP can give you information and arrange a referral for this.
- You might agree to meet with the PCMHP for several sessions to work on some specific problems.
- PCMHPs can give you information about local community and voluntary organisations which might be helpful for you.
- The Primary Care Mental Health Practitioners also offer some short courses.

“Thank you for all your help this year and for your patience and understanding whilst listening to me talk about my troubles.”