

## Is my information confidential?

All NHS Lothian staff must follow legal and professional guidelines on confidentiality and data protection legislation. For example:

We are required to keep up-to-date clinical notes. All clinical notes are kept under conditions of strict security. Information is shared with your GP

To offer you the safest and best possible help, your nurse may have to discuss your case in supervision

There are certain circumstances when we are obliged to pass on relevant information to other authorities without delay or your permission, for example child protection matters

For more information on how NHS Lothian use your information, please visit:

<https://www.nhslotian.scot.nhs.uk/YourRights/DataProtection/Pages/default.aspx>

## How can I access immediate help?

If you feel you may harm yourself or attempt suicide; or feel you need to speak to someone right away, it is important you reach out to access help as soon as possible.

Here are some helpful numbers to keep a record of:

### **NHS Out of Hours** ☎: 111

- Monday to Thursday, 6.00pm to 8.00am
- 6.00pm on Friday to 8.00am on Monday

### **The Samaritans** ☎: 116 123

- 24hrs a day, 365 days a year

### **Breathing Space** ☎: 0800 83 85 87

- Monday to Thursday, 6pm to 2am
- Friday 6pm – Monday 6am

**In an emergency always dial 999**



# Midlothian Primary Care Mental Health Nurses

## What happens next?

You will have an appointment arranged with the Mental Health nurse within your GP Practice.

This appointment is an opportunity to talk about the problems you have been experiencing in more detail, and what kind of help, support or treatment might be best for you.

If you are unable to make this appointment, please contact the practice to cancel or re-arrange as soon as possible.

Please be aware that if you do not attend the appointment without notifying the practice, there may be a wait until the next available appointment can be offered.

## What can I expect from the nurse?

The Primary Care Mental Health Nurses offer brief therapeutic help for people experiencing a wide range of emotional and psychological problems– such as low mood, anxiety and stress.

Appointments are one-to-one and face-to-face, taking place at your GP practice. Your GP will be kept updated about your progress and any other help you may need.

You will have time to talk about the problems you have been experiencing, and work together to find ways to understand and manage these better.

Appointments are typically half an hour, taking place weekly or fortnightly.

Typically, people have between one to eight appointments.

## What if I need a different kind of help?

For many people, the nurse is the best person to help with the problems they are experiencing, and so you shouldn't need to see another person to discuss your difficulties.

If you do need a referral on to another service, such as a Psychiatrist, Psychologist or other help, the nurse will discuss this with you and can help with access to those services.