



Community Mental Health Team (CMHT) East and West

Information for patients



What does the Community Mental Health Team (CMHT) do?

We work with people aged between 18-65 years old who may be suffering from a complex mental disorder. We can help people who:

- Are struggling to manage their mental illness and engage with others
- Experience thoughts of self-harm or harming others
- Have severe disorders of personality.

We are a specialist mental health service made up of various professionals who assess, treat and support people experiencing severe complex mental health difficulties.

Following your assessment, if we feel we can help meet your needs we will allocate you a health professional who will manage your care. They will meet with you to create a holistic care plan that meets your goals and expectations.

Often you will have multiple workers to help and support you. Over time they will monitor and assess your progress and work with our wider team of professionals to offer you the best care available.

Assessment

A mental health assessment is a conversation between you and professionals to gather information to help decide what kind of support would help you. You will be invited along to meet with 2 members of staff. You can bring someone along to support you if you want.

They will ask you questions about your mental and physical health, wellbeing, housing issues, financial circumstances, any substance misuse, personal history, risks and your needs. We may wish to speak to people who support you and we will ask for consent to contact them for their views.

What happens after?

- We discuss your assessment with our team and agree an outcome.
- We aim to contact you within 1 week to discuss the outcome of your assessment.

Clozapine clinic

The Clozapine Clinic is a nurse-led clinic based in OPD6, St John's Hospital. It provides care for people on Clozapine medication, blood testing and results, and physical health checks.

Both CMHT East and West clinics run jointly: Tuesday and Wednesday 9am until 3pm, OPD6, St Johns Hospital.

The continuing care clinic

This clinic is a safe environment for you to have your medication by injection. A depot injection is a slow-release form of medication that releases the medication slowly. Depot injections can be used for various types of drugs, including some antipsychotics as an alternative to oral medications.

People can have their medication and discuss physical and mental health issues in the clinic. People can also have appointments outwith this clinic to develop a care plan and address social, emotional, financial and wellbeing needs with an allocated worker. **We have clinics running across West Lothian and some clinics within health centres. Staff will let you know where to attend for your medication.** We also offer home visits when required.

Opening times and contact:



CMHT (East)

Strathbrock
Partnership Centre,
189A W Main St,
Broxburn, EH52 5LH
Tel No. 01506 771888

CMHT (West)

Bathgate House, 15-17
North Bridge Street,
Bathgate, EH48 1TR
Tel No. 01506 283023

Open: Mon-Thurs 8.30am-4.30pm, Fri
8.30am-4pm

Support for carers

Carers of West Lothian is a charity offering a wide range of services, advice, and support to people in West Lothian.

Website: www.carers-westlothian.com

Email: office@carers-westlothian.com

Telephone: 01506 448000



Advocacy

Independent Advocacy can help you access the information you need to make informed decision. They support you to have your voice heard to influence decisions about your care and treatment and protect your rights.

Website: www.mhapwl.org

Email: admin@mhap.org.uk

Telephone: 01506 857230



Urgent help:

If you need urgent mental health support call **NHS 24** on **111** or in an emergency call **999**.

ACAST




The Acute Care and Support Team (ACAST) are the onsite team who can assess your mental health and offer support if you present to St John's hospital.

Opening hours: 8.30am until Midnight 365 days a year.

St John's Hospital
Howden Road West
Livingston
EH54 6PP

Support over the phone

To talk or create a safety plan:

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

Mental Welfare Commission (MWC)

The MWC protects and promotes human rights. They can advise on rights and good practice to do with:

- Mental health and incapacity law
- Care and treatment of people with mental illness.

(They cannot deal with complaints, medication and diagnosis disputes or offer legal advice.)

Website: www.mwcscot.org.uk

Telephone: 0800 389 6809



How are we doing?

We hope you will be happy with our service. If you wish to provide feedback on what we are doing well or need to improve on, please see details below.

If you do have a complaint, please speak to the team managers from CMHT and we will try to resolve this locally, in the first instance.

You can also contact the Patient Experience Team:

Website: www.nhsllothian.scot/yourrights/patient-experience-team-tell-us-about-your-experience/

Email: loth.feedback@nhs.scot

Telephone: 0131 536 3370



Patient Experience Team

Waverley Gate

2-4 Waterloo Place

Edinburgh

EH1 3EG

