



# Do you need some help with your mental health?

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## **Need Support?**

You don't have to face mental health challenges alone. Reach out to your GP surgery and ask about seeing the Practice Mental Health Nurse (PMHN).

## **Who We Are**

The PMHN is part of your surgery clinical team. They provide direct access to specialist mental health assessment, signposting,

support and treatment. Your care and support will be agreed collaboratively with the PMHN to best fit your needs.

## **Appointments**

- 20-minute consultations
- Book by calling your GP surgery.
- Your GP may also recommend an appointment with the PMHN.

## What We Offer

- Consultation at your surgery.
- Initial consultation to talk about your mental health and how this is affecting your life.
- Mental health assessment.
- Help to identify the right support early to meet your needs.
- Medication review.
- Mood and anxiety management techniques.
- Coping skills.

## What We Don't Offer

- Under 18s – please speak with your GP.
- Long-term intervention & support.
- Home visits.
- Counselling – we can offer some guidance on self-referral to counselling services.



## Care and Treatment Options

