



Essex Partnership University
NHS Foundation Trust

Integrated Mental Health Practitioners



**'Skilled mental health
practitioners have
joined your GP surgery'**

What is an Integrated Mental Health Practitioner?

We are mental health specialists who are attached to your GP surgery. Our main role is to help people who have mental health needs and create an appropriate support plan at an early stage.

We work closely with your GP, and are a part of a network of highly skilled professionals who can provide advice, support and further planning that will help you to improve your mental health holistically.

What should I expect during an initial assessment appointment?

The appointment can be offered over the phone or face-to-face. It can take up to an hour depending on your needs. We will discuss confidentiality, ask you questions about what you are finding difficult at the moment, and ask you to rate how satisfied you are with various aspects of your life.

We will also ask you about your risks. Some of the questions may be difficult to answer, but we encourage you to take your time to answer honestly and let us know if you are struggling.

As a result of this assessment, we will develop a plan to help you and share this plan with you, your GP and/or referrer.

What might the plan include?

We have access to a number of resources and organisations that could help you.

Support may include appropriate advice, referral to a service that suits your needs, support from the Mental Health Coach, Health and Well-Being Coach, or Mental Health Pharmacist for medication advice.

We can also offer short-term interventions. We will go through the plan in detail with you, so you will have the opportunity to ask any questions at this stage. Within a month after your assessment, we will call you to see how the plan is going and if you have any questions or concerns.

Confidentiality

We treat confidentiality very seriously. Information will be shared with your GP and any other NHS Mental Health professional/s who might be involved in your care only. We will ask for your consent before we share this information. If you are at risk of harm to yourself or others, we may need to discuss your care with other mental health professionals or the necessary authorities to ensure you are supported in the best way.

We are entirely transparent with this and are happy to discuss confidentially in further detail if you if you had any concerns.

Cancellations

Please let us know in advance if you need to cancel an appointment with us by contacting 0300 123 5433 (option 3).

Emergency Support

For a mental health crisis, please contact NHS 111 and select the option for mental health crisis.

If you would like someone to talk to and listen, please call Samaritans on 116 123 or sign up for Night Owls by scanning the QR code.



In serious or life threatening emergencies, call 999 immediately



For further information about Integrated Mental Health Practitioners, please visit: england.nhs.uk/mental-health/adults/nhs-talking-therapies/integrating-mental-health-therapy-into-primary-care/

Patient Advice and Liaison (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

© Essex Partnership University NHS Foundation Trust. Reproduced with permission.