

Other places to find help

Every library in the City of Glasgow has a range of self-help books, leaflets, DVDs and videos that can help you with your problems.

Just ask for the **Healthy Reading Scheme**, or pick up a leaflet from your GP.

If you have access to the Internet, the following websites have good information.

www.livinglifetothefull.com

www.glasgowsteps.com

www.stepsforstress.org

The phone numbers listed below can be used to get other support and information that might be helpful.

NHS 24

08454 24 24 24

Breathing Space

0800 838587

Samaritans (24 hours)

(0141) 248 4488

Depression Alliance Scotland

0845 123 23 20

Social Work Out of Hours

(0141) 276 3100 or 0800 811 505

Community Addictions Team

(0141) 276 4330

Glasgow NHS Advice Line

0800 22 44 88

Comments and Suggestions

The team would welcome any comments or suggestions you have to make. The team member who is seeing you will be happy to discuss these with you

How to contact our service

You can contact us at the addresses or telephone number below:

**Primary Care Mental Health Team,
The Sandy Road Centre
12 Sandy Road
Glasgow G11 6HE**

**Primary Care Mental Health Team,
Woodside Health Centre,
Barr St.,
Glasgow G20 7LR**

Telephone: (0141) 232 9270



North West Glasgow Primary Care Mental Health Team

**How to refer yourself to
the service**

North West Glasgow Primary Care Mental Health Team

The Service supports people, aged 16 and over, who have common mental health problems, such as anxiety, stress, adjustment and depression, or are at risk of developing them.

Call-Back – (0141) 232 9228

Anyone with a GP in North West Glasgow can refer themselves to the service on the above number.

You will be asked to leave your details on an answer-machine. You will receive a telephone Call-Back from a clinician within the team within 72 hours.

This initial telephone call will take about 20 minutes. This will be to discuss what kind of problems you are experiencing, and to decide what kind of help would be most useful to you.

We will also ask you to answer a short questionnaire over the telephone.

What do we offer?

Following the Call-Back, we can offer you a range of options, depending on your needs, including:

Self-Help Materials

We provide a range of self-help materials, that you can get by either calling in to The Sandy Road Centre or Woodside Health Centre, or by telephoning us.

Guided Self-Help

This is for people who can use a range of self-help materials, but who need more support to put this into practice. The person you talk to at your Call-Back will discuss this in more detail.

CBT in Action Course

This course is an introduction to Cognitive Behavioural Therapy, and runs over 7 weeks. The courses are held in different local venues. It will help you to recognise and manage stress, depression and anxiety.

Cognitive Behavioural Therapy (CBT) Group

This course runs for 8 weeks and will give you a deeper understanding of ways to manage common mental health problems, using CBT tools.

One-to-One Help

During your Call-Back, if appropriate, we will discuss with you the different types of one-to-one treatment available.

These include Cognitive Behavioural Therapy (CBT), Person-Centred Counselling, and Clinical Psychology, and are usually for a maximum of 6 to 8 appointments.

To arrange a Call-Back: **Telephone (0141) 232 9228**

You will be asked to leave the following information on the answer-phone:

- Your name
- Your telephone number/s
- Your address
- Your date of birth
- Your GP practice and GP name
- Whether it is OK to leave a message on your voicemail

We will then call you back as soon as possible to discuss how we can help.

If you have language or hearing difficulties we can arrange for an interpreter. Please ask your GP to refer you if you require this assistance.