

## **WEST GLASGOW PRIMARY CARE MENTAL HEALTH TEAM**

### **REFERRAL GUIDELINES**

The West Glasgow Primary Care Mental Health Team offers a service to anyone over the age of 16 and are registered with a GP within the CHCP. The main priority of the team is to meet the needs of those suffering common, less complex mental health problems or experiencing psychological distress that affects their daily functioning.

#### **For example:**

- **Mild/ moderate depressive episodes**
- **Panic disorder/ anxiety**
- **Post natal depression**
- **Sleep disorders**
- **Stress**
- **Relationship difficulties**
- **Adjustment difficulties (bereavement, work, stress etc)**

People with primary alcohol or drug addiction problems are not suitable for Primary Care Mental Health Services. However people who are stable on Methadone and experiencing a common mental health problem can be referred.

#### **Information for Referrers:**

Referrals can be sent through SCI Gateway or posted to the team at the address below using the appropriate referral form. Referrers can telephone for advice and if appropriate a referral can be made at this point. Please include the following information:

- The reason for referral
- Description of patients current mental state
- Relevant past and current medical history
- Personal/social/economic history
- List of currently prescribed medication
- Any alerts including history of violence/forensic
- History of self harming behavior

**Urgent referrals**

We are not an emergency service. Patients with severe and enduring mental health problems, or who are experiencing a mental health related crisis, should be referred to the appropriate secondary psychiatric services, i.e the Community Mental Health Team.

**Patient Consent to Mental Health Record**

Patients must be advised at the point of referral that a case record will be generated and their consent obtained. All patients must be willing to participate in psychologically based treatment options.