

Other Useful Numbers

Glasgow NHS Advice Line

0800 22 44 88

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

Healthy Reading Scheme

Every library in the City of Glasgow has a collection of self-help materials, including books, leaflets, audio and DVD/videos, covering a wide range of mental health topics, so you can begin to get on top of your problems.

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

Help Online

If you have access to the Internet, there are a number of websites where you can access good information and self-help material, including:

www.livinglifetothefull.com

www.glasgowsteps.com

Comments & 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.

If you are unhappy about any aspect of the service, please discuss this in the first place with a member of the team. If your complaint is not dealt with to your satisfaction, the team-member can arrange for you to speak to the team leader.

Team Leader

Primary Care Mental Health Team

1880 Dumbarton Road

Glasgow

G14 0YA

Telephone: 0141 435 4340



**West Glasgow
Primary Care Mental
Health Team**

Information Leaflet

**Yarrow View Centre
1880 Dumbarton Road
Glasgow
G14 0YA**

Telephone: 0141 435 4340

What is West Glasgow Primary Care Mental Health Team?

The West PCMHT works within the West Community Health and Social Care Partnership, and supports people who have or are at risk of developing common mental health problems, such as Anxiety, Stress and Depression. We also aim to promote positive mental health and wellbeing within the local community.

The team consists of a Clinical Psychologist, Mental Health Practitioners, a Counsellor, and a Cognitive Behavioural Therapist, and also has secretarial support.

The service offers a range of different kinds of help, including:

- self-help materials
- small and large groups and courses
- advice clinic (one-off meeting)
- guided self-help (working one-to-one with a team member)
- individual counselling/therapy

Individuals can refer themselves to the advice clinic, large groups, and for self-help materials. For other elements of the service, you will need to be referred by your GP, or other health or social care professional.

One-on-One Help

If you are offered guided self help, you will receive a maximum of 6 one-to-one appointments. For individual counselling/therapy, there is a maximum of 12 sessions. You will be seen in either a community venue or GP practice near where you live, (this may not be your own GP surgery) in charge of your care.

Advice/Drop-In Clinic

The Advice Clinic offers a one-off meeting, as an opportunity to receive basic advice, and be sign-posted to an appropriate source of help. If you think your problems more complex, we recommend that you see your GP or other professional, and ask to be referred. You can visit the advice clinic without referral.

Venues and times are as follows:

Monday

Yarrow View Centre, 2 – 4.30pm

Sandyford Initiative, 1 – 3.30pm

Thursday

Drumchapel Health Centre, 1 – 3.30 pm

For further information or to arrange an appointment, please ring the number on the front of this leaflet.

What to expect if you are referred

If your GP refers you, you will be invited to attend an assessment appointment, where there will be a discussion about your problems and needs, and we will make a plan together for helping you with these needs. Individual therapy will be discussed with your worker up to a maximum of 12 sessions.

Different types of courses including stress control, depression or anxiety management are available and are held in various community venues in West Glasgow.

The team provides a range of Psychological Therapies which are provided in groups, or on an individual basis. The help you are offered will depend on the nature of your difficulties. The team also offers self help materials that can be easily accessed, and you can telephone for this information.

Data Protection

We will maintain a record of our contact with you, so that you can receive proper care, with decisions based on the most current, complete and accurate information. These records are kept in a secure manner, and everyone working within the NHS has a legal duty to keep information about you confidential.

Sharing Information

We use a shared mental health and social care record together with other parts of community mental health services. A person's care often involves more than one service, e.g. various social work and NHS teams, and any other services involved would have access to this record.

In certain circumstances, for example if there are serious concerns about risk or safety, we may have to share information with other agencies.

You also have the right of access to the information we hold about you. A NHS leaflet "Protecting Information about you" gives more details and is available at each resource centre or speak to the person