



## **PALMS is a new service run by Dundee Health and Social Care Partnership within NHS Tayside.**

**This service is now available in your GP practice.**

### **Who is this service for?**

- Anyone aged over 16 years who is experiencing mental health difficulties. Although not if diagnosed with dementia.
- Individuals aged 16-17 years who are not enrolled in school education.
- You are not currently seeing a mental health professional (e.g. psychologist, mental health nurse, or psychiatrist)
- You might be struggling with low mood, anxiety, self-esteem, distressing life events or other difficulties that you would like help with.

### **Symptoms and warning signs**



Too much sleep or trouble sleeping



Trouble focusing or having racing thoughts



Changes in appetite



Isolating yourself from others or losing interest in things you once enjoyed



Irritability or having a short temper

### **How can I make an appointment?**

- Speak to the GP practice administration staff who can help you determine if PALMS is the right Service for you.
- The administration staff will ask you a number of questions to decide if seeing a mental health specialist is right for you.
- You do not need to see your GP to make an appointment.
- The mental health specialist will aim to see you within 5 days of contacting the reception to make an appointment.



### **What happens during the appointment?**

- Appointment lasts up to 30 minutes.
- You will be encouraged to talk about your difficulties.

### **What will be the outcome of the appointment?**

- The mental health specialist will assess your difficulties and then they will:
  - Give advice around mental health coping strategies and self-help material.
  - Signpost to local community support services.
  - If appropriate, they will refer you to specialist services for further treatment.