Mental Health Practitioner

**Inclusion criteria**

* 18+ years old and not currently open to secondary mental health services
* Any patients where a concern has been identified in relation to their mental health by GP; Mood / anxiety / suicidal thoughts / psychosis / personality disorder / Eating Disorder.
* Or co-occurring MH with LD / Autism
* Complex patients who will benefit from a more detailed mental health formulation that GP appointments cannot allow eg. Medication review, review of symptoms, early identification of a SMI, those who DNA secondary care services
* Patients do not need a formal diagnosis.
* Not a crisis service – if imminent risk present the patient would need to access duty doctor or existing crisis service provision via 111/999/A&E.

# Patients Suitable

* Considering a referral to the Community Mental Health Team. Their duty worker will offer a similar assessment to our MHP.
* First presentation MH problems.
* Emotional dysregulation or repeated crisis service contacts (111, 999, A&E, OOH).
* Complex patients who have possibly been declined by CMHT / other services and don't have a clear plan going forward but continue to present to the GP.
* Patients who need support in primary care due to their complex presentation. I can complete formulation work with them and feedback to the team about how

to manage them.

# Assessments

* 60 min initial assessment slot. F/U slots will be 30 mins and managed by the Mental Health practitioner.
* Qualified Nurse Mental Health Practitioner who can recommend prescription medication for the GP to prescribe.

