

## Practice Contacts

The Crescent  
Surgery

Tel : 01253 204 141

Cleveleys Group  
Practice

Tel : 01253 204 188

The Thornton  
Practice

Tel: 01253 204 212

### Want to know what other support is available?

Lancashire and South Cumbria Mental  
Health Services

<https://www.lscft.nhs.uk/services/mental-health>

You can also access a wide variety of free  
apps via [www.lscft.nhs.uk/orcha](http://www.lscft.nhs.uk/orcha).



For children and young people, please visit  
<https://www.healthyyoungmindspsc.co.uk/home>



## Mental Health

Support from your GP surgery



Torentum PCN is made up of

- The Thornton Practice
- The Cleveleys Group Practice
- The Crescent Surgery



## **Who, or what is a Mental Health Practitioner?**

Our Mental Health Practitioner (MHP) is a healthcare professional with vast experience across numerous mental health conditions. Our Registered Mental Health Nurse is based in your GP surgery and is able to provide support and guidance to you.

## **What kinds of things can a Mental Health Practitioner (MHP) help with?**

There are many reasons that you may feel you need help and support with your mental health, whether it's something new you're experiencing or it could be something you recognise as a concern you have suffered with in the past and want to manage.

Here are some examples of reasons someone may be referred to MHP:

- Feeling overwhelmed
- Feeling anxious or depressed
- Experiencing a relapse of an existing mental health condition
- Awaiting secondary care input and requiring support and reassurance in the interim period
- Requiring signposting to services appropriate to your individual needs

## **What does support from a Mental Health Practitioner look like?**

The MHP will work with you to complete an assessment of what you need – this is done at your own GP surgery.

The outcomes vary and could result in recommendations for talking therapies, consideration for medication or escalation to a secondary service.

Every person has their own individual need and the experienced MHP will ensure the correct pathway is followed dependent on the outcome of your assessment, providing appropriate support.

## **Who are Mental Health Practitioners for my GP surgery?**

The MHP that you could be referred to is the Registered Mental Health Nurse - Andy Craig.

## **How do I get referred to the Mental Health Practitioners**

You could have a discussion with any member of practice staff, or you can contact the surgery directly for more information. Some appointments are available for patients to book directly into, others might be referred to our Wellbeing Hub for triage to ensure you are seen by the most appropriate practitioner.

## **What happens after I have been referred?**

Once a referral is received this will be triaged in a timely manner and an appointment will be arranged with you. Alternatively we may contact you for further information or a discussion first.

Andy Craig

