**WHAT IS HEALTHY MINDS?**

We provide telephone appointments (20 minutes) in order to support patients who are struggling with **low level mental health and emotional wellbeing** difficulties.

Which patients should you NOT refer to Healthy Minds?

* Patients who state that they are having thoughts about harming themselves
* Patients who have complex mental health needs, such as long-standing depression.
* Patients who are currently engaged with, or have been referred to, Secondary Care mental health services, such as CMHT
* Patients who are unable to communicate effectively over the phone
* Patients who are under 18 years old

How to book patients in with Healthy Minds and what you should tell the patient.

Book patients in with Healthy Minds using the **Leeds GP Confederation System One**.

What information does the patient need.

Inform patients that their Healthy Minds appointment is with a Mental Health professional but make it clear that **Healthy Minds it is not a counselling or therapy service.** Please make patients aware that we will try to call them as close to their appointment time as possible but they could be contacted any time during the clinic.

How can practice staff and GPs contact Healthy Minds?

Do not send tasks to Healthy Minds. Practitioners do not work on regular clinics and may not log onto the practice’s system one for some weeks or even months.

Please email us if you need to contact Healthy Minds.

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