

LEEDS MENTAL WELLBEING SERVICE

REFERRER UPDATE

NEWSLETTER

December 2024

PRIMARY CARE MENTAL HEALTH UPDATE



WHAT WE CAN OFFER

Support for complex cases that you feel may not be appropriate for Healthy Minds, self referred Talking Therapies or Secondary Care. We may be able to offer:

- Helpful Conversation
- Mental Health and Wellbeing Assessment
- Safety Planning
- Liaison and recommendations with other Professionals
- Onwards Referrals to appropriate service/s
- Mental Health Secondary Care transitional support
- Short term focussed work
- Brief psychological interventions
- Home-visit (where possible, appropriate and risk assessed)

WHAT WE DON'T OFFER

- Care Coordination
- Prescribing Medication
- Counselling
- Long term support
- Diagnosis of conditions
- Support where the presenting need can be or is being met by another service (for example, addiction support via Forward Leeds)
- Therapy

PCMH REFERRAL UPDATE

New Referrals – Business as usual

Patients referred now can currently expect to get an initial call from PCMH within 2 weeks and then are on average waiting up to 6-8 weeks for further interventions where appropriate.

Backlog and Longer Waits:

PCMH now have a specific separate initiative and team addressing the historic backlog that built up over the last year, leaving the remaining core PCMH team to respond more quickly to current referrals. There are currently 540 left on this list who will hopefully all have been seen by March 25.



PATIENT FEEDBACK

I was listened to, all my needs were attended to. I got all the help I needed. I felt safe with anything I spoke about and comfortable. I'm thankful for this service

I would suggest it may be possible to better inform other medical services e.g. GP practices, clinics of how your service works and the various facets of mental health service within Leeds as I witnessed some misunderstanding of how your service operates for other medical services. Otherwise very positive interaction and outcome.

I was very anxious and nervous before and during my appointment. Afterwards I felt I was listened to and a massive weight lifted talking about my problems.

PRIMARY CARE GROUPS

Colleagues in LYPFT Psychology, Emerge and PCMH have been working together to understand some of the gaps in group provision for mental health.

Primary Care Mental Health colleagues currently support the facilitation of:

- **NEW Reset your Relationship with Eating** - A 10 week group for people who have mild to moderate difficulties with eating who may not meet criteria for Connect.
- **NEW Unusual Sensory Experience Group** – a 12 week group specifically aimed at people from ethnically diverse backgrounds.
- **Dealing with Feelings Group** – 10 weeks
- **Skills for Life (DBT Intro)** – 10 weeks
- **Wellness & Recovery Action Planning (WRAP)** - 10 weeks

As a referrer you don't need to know all the different group interventions – a referral into PCMH is sufficient and PCMH colleagues can consider if these options are appropriate for patients.



FURTHER PCMH INFO

If you would like further information about PCMH please contact:

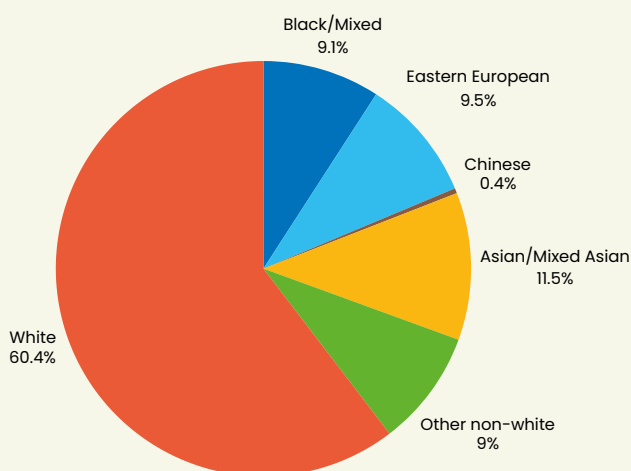
- Fiaz Amin - South Hub Ops Manager
- Caz Field - South Hub Deputy Manager
- Danni Brett - East Hub Ops Manager
- Charlotte Bateman - East Hub Deputy Ops Manager
- Daryll Cocking - West Hub Ops Manager
- Tobias Reece - West Hub Deputy Manager

Contact: lmws.pcmh@nhs.net

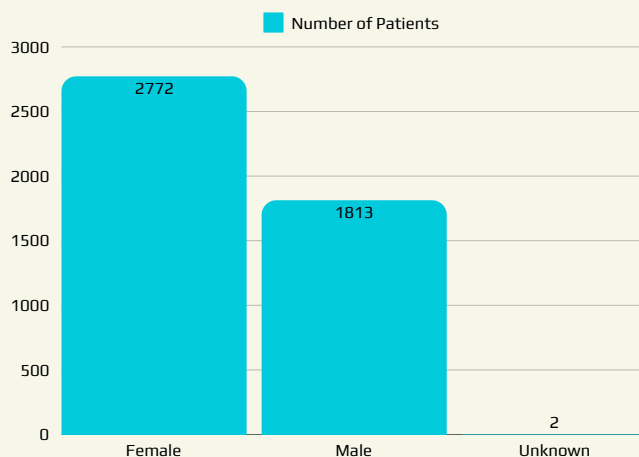
DEMOGRAPHICS DATA

PCMH Demographic Data from April-Sept 24-25. Total 4587 People (5008 Referrals). Data indicating that in PCMH the diversity data is similar to that of Leeds. We reach fewer men, and even fewer over 75's. Our Health Equity Action Plan aims to target these two communities to increase access to our service.

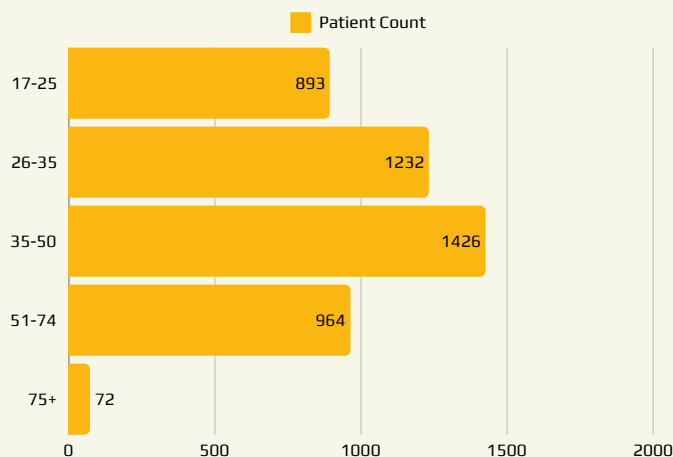
DIVERSITY DATA



GENDER DATA



AGE DATA



TALKING THERAPIES UPDATE



Complete detailed online or telephone assessment Tel: 0113 843 4388 OR [Self Referral](#) or Professional.

Pregnant women, new mums and partners of, Veterans & Anyone Over 75 have priority in LMWS TT.

Patients are offered a range of ways to access support including Face to Face, Telephone, Video, SMS.

Unfortunately Talking Therapies are unable to offer support for those who are already under the care of other mental health services, such as CMHT, and cannot offer support with diagnosis, prescription queries or management of severe mental illnesses. We do however accept referrals for patients with stable SMI where depression or an anxiety disorder are the primary focus for treatment.

Current Therapy Interventions	Average Wait times and Suitability
CBT (online) Silvercloud	4-6 weeks (Mild- Moderate Common MH disorder)
Guided Self Help - CBT (phone or face to face)	6-10wks (Mild-Moderate Common MH disorder)
1:1 online 'typed' CBT - IESO	2 weeks (Moderate Common MH disorder)
1:1 CBT (phone or Video) via partners XYLA or IESO (subject to eligibility criteria)	4 months (Mod-Severe Common MH disorder)
1:1 CBT (face to face, phone or video) via main service	5 months (if patient has wide availability) (Mod-Severe Common MH disorder)
Counselling for Depression (online or F2F)	4 months (offered after Guided CBT as a step up)
Step 3 Groups: CBT for Social Anxiety (face to face) CBT for GAD - online Mindfulness based CBT - online	3-6 months (Moderate to Severe Common MH disorder)

The Following can be booked directly from our website [HERE](#)

Direct Access courses and classes	Average Waits and access info
Online courses - Panic Attacks, Stress and Anxiety, Depression, Self-Esteem, Bereavement, Stress in Parenthood, Post Natal Depression	Available 24/7 - (can be accessed on laptop, tablet, smartphone etc)
Online Workshops – single session 2hr workshop <ul style="list-style-type: none"> Sleep Well Struggling with Motivation Unhelpful thinking in Low Mood Managing Worry Managing Panic Managing Stress 	Up to 6 weeks – rolling programme *Run on MS Teams Live -Patients are not required to actively participate in classes or download any app.
Online & Face to Face Classes - 6-8 weeks <ul style="list-style-type: none"> Depression Recovery GAD Recovery Group Overcoming Stress & Low Mood Overcoming Low Mood using Islam (Face to Face - January start- can express interest now) 	Up to 6-8weeks – daytime and evening classes Alternate with Remote & Face to Face Clinics Remote *Run on MS Teams Live -Patients are not required to actively participate in classes or download any app.

Follow the link for more info on - [Accessing Adult Mental Health in Leeds- A Quick Reference Guide for GPs](#)