

How to Refer Yourself

There are three ways you can refer yourself to the Primary Care Mental Health Service.

- Ring the number on the front of this leaflet, which relates to the area you live in—this corresponds to your local District Council.
- Complete the tear-off slip below and send to the address overleaf. We will contact you with an appointment.
- Send an email with all the information on the tear-off slip to the email addresses provided overleaf—please note this is at your own risk particularly if you share a computer. We will reply with an appointment.

When you contact the service, an administrator will ask for some basic details and offer an appointment with a member of the team.

The appointment will either be face-to-face or by telephone. It will last 45-60 minutes and helps us to find out more about you in order to help you to choose the service that will best suit your needs.

Name: _____

Address: _____

Postcode: _____ Can messages be left?

Home Tel: _____ Yes / No

Mobile: _____ Yes / No

Availability (please tick):

	Mon	Tues	Weds	Thurs	Fri
AM					
PM					

Comments, complaints, concerns and compliments

Dorset Community Health Services aims to provide the best possible care and treatment to patients. We welcome any feedback, including compliments or comments, as well as any concerns you may wish to raise.

Please contact the staff involved in your care in the first instance. They should be able to address your concerns promptly and to your satisfaction.

Should you require further advice, please contact the Patient Advice and Liaison Service (PALS) for confidential support or guidance, on telephone **01305 361285** or email PALS@dorset-pct.nhs.uk

Should you wish to raise a formal complaint, please speak to the Customer Care Manager on **01305 368914** or email complaints@dorset-pct.nhs.uk

You may also write to PALS and the Customer Care Team at: NHS Dorset, Vespasian House, 2nd Floor West Wing, Bridport Road, Dorchester, Dorset DT1 1TS.

Dorset Community Health Services is responsible for providing NHS services in Dorset and is hosted by Dorset Primary Care Trust.

To order this leaflet in another format or language, please telephone the communications team on **01305 368040** or email communications@dorset-pct.nhs.uk

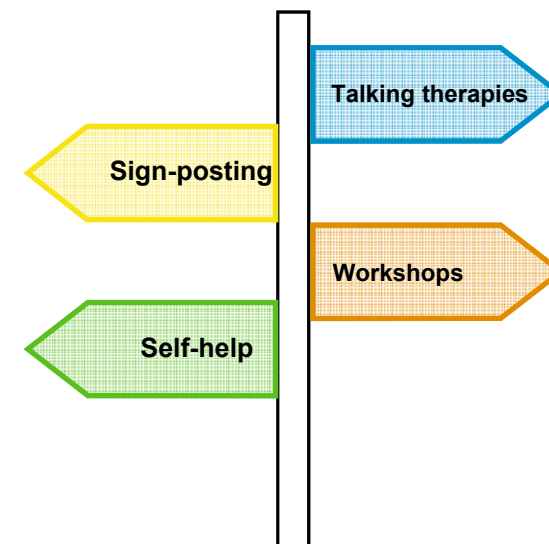
Leaflet: IAPT self referral / SP 959
 Updated: March 2011



Dorset Community Health Services

Primary Care Mental Health Service

Low mood? Anxious? Depressed?



WE CAN HELP

You can refer yourself by phoning:

North Dorset
 01258 474520
 West Dorset
 01305 367051

Weymouth & Portland
 01305 761501

The Primary Care Mental Health Service is a free and confidential NHS service currently operating through Dorset GP surgeries and is open to anyone aged 18 and over.

Our aim is:

- to support people in Dorset who are suffering from mental health problems, such as anxiety, depression, obsessive compulsive disorder, phobias and post traumatic stress disorder, or difficulty in dealing with life events

The service can help you:

- address present problems using evidence-based therapies
- gain a new understanding of your difficulties and develop new ways of coping
- make decisions or changes in your life, in a non-judgemental, supportive environment

Treatment:

Courses

Each of the three areas have a programme of courses, run by qualified therapists, offering a

range of treatments. The courses offer an accessible way of learning psychological skills to address the wide range of difficulties associated with low mood and anxiety. Please contact the service through your local office to find out what courses are being run.

Guided self-help

A Psychological Wellbeing Practitioner will meet you on a face to face basis to develop a joint understanding of your problems. They will then develop a treatment plan with you that may include methods such as courses, written work, telephone contact and the internet.

Sign-posting

to other useful local and national resources, including:

- books
- websites
- organisations that can better help to meet your needs

See our Other Resources leaflet for further details.

Talking therapies

Talking therapies can be helpful for anyone experiencing a range of difficulties and problems. Perhaps you may be suffering from some kind of personal loss or may be struggling to overcome anxiety or depression.

The service offers Counselling or Cognitive Behavioural Therapy (CBT), with a suitably trained and experienced professional .

CBT is based on scientific principles which research has shown to be effective for common mental health problems such as depression and anxiety. Clients and therapists work together, to identify and understand problems in terms of the relationship between thoughts, feelings and behaviour. The approach usually focuses on difficulties in the here and now, and relies on the therapist and client developing a shared view of the individual's problem.

Counselling can help you deal with psychological distress or depression caused by life difficulties, or events, which you are finding it hard to deal with. By talking through these, and understanding why you react or behave in particular ways you may be able to see how to change or move forward. A trusting relationship between you and your counsellor is very important in counselling.

Send the slip / information addressed to Primary Care Mental Health at:

North Dorset: Sturminster Newton Medical Centre, Old Market Hill, Sturminster Newton, DT10 1QU - or email iapt.referrals@nhs.net

West Dorset: Conifers, Poundbury West Industrial Estate, Dorchester, DT1 2PG - or email iapt.referrals-west@nhs.net

Weymouth & Portland: The Annexe, Weymouth Community Hospital, Melcombe Ave, Weymouth, DT4 7TB -email iapt.referrals-weymouth@nhs.net