

**Mental Health Pathway – Access Guide**

# ACCESSING MENTAL HEALTH SERVICES

**For known severe and enduring mental illness and new mental health presentations** (routine and urgent)

**16-65 Access Team:** Open Mon – Fri 9am - 5pm Tel: 419 4678 Fax: 419 4775 **65+ Old Age SPOE (Single Point of Entry):** Open Mon – Fri 9am-5pm

Tel: 716 4587 Fax: 716 5232 Other times: All age Liaison Mental Health (acute hospital) Team Tel: 419 5795

**PERSON**

# INTERMEDIATE TIER

Mental Health Liaison Team (Older People)

7 days between 8am - 6 pm

Tel: 476 9665

The Mental Health Liaison (MHL) Team work with the Neighbourhood Crisis Response Team (CRT) to provide mental health assessments and signposting for patients coming into the CRT with either a new presentation or previous diagnosis of mental illness. They provide support and joint work with the CRT to ensure that patients presenting with mental health problems in addition to physical health crisis have their needs addressed fully to reduce an acute hospital admission.

# NEIGHBOURHOODS

**IAPT offer:** Mild to moderate mental health issues: Psychological therapies (step 2)

**Self Help**: 1:1 therapy, workshops and e-therapy Open Mon-Fri, 8.30am-5.30pm Tel: 480 2020

[www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk/)

**Healthy Minds:** All ages. 1:1 therapy, group-work, LTCs, perinatal, PTSD Open Mon-Fri, 9am-5pm Tel: 419 5725

## Psychological Medicine in Primary Care:

Mon-Fri, 9am – 5pm Tel: 0161 716 2018 Email: pcn-tr.psychmedinprimarycare

@nhs.net

Providing 1:1 management plus

# ONLINE AND SELF-CARE

## Healthy Stockport:

Lifestyle and self-care information and advice: [www.healthystockport.co.uk](http://www.healthystockport.co.uk/)

**Stockport Local:** Directory of community and voluntary groups, events and activities: [www.stockport.gov.uk/groups](http://www.stockport.gov.uk/groups)

## Self-Help Services:

E-therapy and support directory (see Neighbourhoods)

# COMMUNITY

**Start:** Healthy lifestyles (including drug and alcohol issues) and

self-care support:

Open 9am-5pm Tel: 474 3141 (or Electronic referral via EMIS)

**TPA:** Mild mental health issues, social problems, isolation, resilience.

Open 9.30am-4.30pm Tel: 474 1042 or via online referral form [www.stockporttpa.co.uk](http://www.stockporttpa.co.uk/)

**Wellbeing and Self-Care:** Providing needs assessment, support and interventions for long term conditions, unhealthy behaviours and mental wellbeing, carer support, social prescribing and focused work to improve

patient engagement and activation. Referrals direct from GP practices.

**STOCKPORT**

**NEIGHB***our***HOOD** *care*

formulation for the most complex patients often with personality disorder or persistent physical symptoms.

**If unclear which path to take, please ring the Access Team at Pennine Care for further discussion and advice:** Open 9am-5pm Tel: 419 4678 and

5pm - 9am Tel: All age Liaison Mental Health (acute hospital) Team on 419 5795