



for Scotland's mental health

# DBI (Covid19 response) Information for Primary Care

# What is DBI?

- The Distress Brief Intervention service provides support to people who are experiencing distress and feeling overwhelmed emotionally.
- This service provides a quick response which listens and supports with a sensitive, caring and non-judgemental approach. The focus will be on individual needs.
- The Distress Brief Intervention service will contact individuals within 24 hours of your referral and will support for the next 14 days, working to address some of the difficulties being experiencing.
- Third sector providers deliver DBI Level 2. Support can be provided for up to 14 days from first contact.
- At referral individuals agree for information to be shared with SAMH and primary care.

# DBI Covid-19 Response

- The Scottish Government has commissioned a DBI response to Covid 19. Funded for one year.
- This will be delivered by NHS24 (Level 1) and third sector providers (Level 2)
- All referrals for the DBI-covid 19 service will only come from NHS24 Mental Health Hub
- NHS24 Mental Health Hub has scaled up to operating 6pm to 2am every day.
- Currently NHS24 report receiving between 100-150 calls per day to the MH Hub.
- Staff at NHS24 MH Hub have undertaken level 1 training.
- Secure nhs.net email provided for safe transfer of referrals.

## SAMH Level 2 - Working nationally, delivering locally



- SAMH are covering Greater Glasgow and Clyde, Fife, Forth Valley and Scottish Borders
- Service will operate 7 days per week.
- Initially 9-5/10-6. will flex to cover evenings once demand established.
- SAMH DBI (Covid) team will comprise 6.5 FTE Recovery Practitioners located in across the central belt.
- Also provide Service Manager and administration
- **The service will be launched on the 8<sup>th</sup> of June.**

## How Primary Care will be involved

Ensuring GPs are aware of support that has been provided is critical. SAMH will write to GPs if the individual is;

- uncontactable
- refuses to engage in support or
- to update GPs on completion of intervention and any onward referrals ( this will include sharing an individuals Distress Management Plan)