

Other Resources

We do not offer urgent appointments.

If you are concerned about your immediate well-being we advise that you **contact your GP**.

You can also call one of the numbers below.

NHS 24: **111**
Breathing Space: **0800 83 85 87**
Samaritans: **116 123**

Online Resources

If you wish to learn more about your mental health or ways to cope with your difficulties, you can access information online on the following websites:

-  **Living Life to the Full**
www.lltff.com
-  **Steps for Stress**
www.stepsforstress.org
-  **Moodjuice**
www.moodjuice.scot.nhs.uk
-  **Glasgow South Well-being Services**
www.wellbeing-glasgow.org.uk

How to access our service

Your GP can refer you to us. Following a discussion with your GP you can also self-refer by contacting our office by telephone. We can arrange for an interpreter, if required. If you require wheelchair access please let us know and we can make appropriate arrangements.

We offer appointments at various locations throughout the North West of Glasgow. These include:

- Drumchapel Health Centre
- Maryhill Health & Care Centre
- Sandy Road Clinic
- Woodside Health Centre

Suggestions

We welcome any suggestions you may have to help us improve our service.

If you wish to make a complaint, please approach any member of the team who will be able to help you with this.



North West Primary Care Mental Health Team

Aiming to promote positive mental health and well-being

Sandy Road Centre
12 Sandy Rd
Partick
Glasgow
G11 6HE

 **0141 232 9270**

Monday to Friday,
9.00am – 4.30pm

Who are we and what do we do?

The North West Primary Care Mental Health Team aims to promote positive mental health and well-being.

We are a multi-disciplinary team of mental health professionals who offer a range of brief psychological therapies to people experiencing common mental health difficulties. The service does not offer urgent appointments.

We work in partnership with voluntary and community services.

What can we help you with?

We offer help for common mental health difficulties such as:

- Anxiety / stress
- Depression / low mood

Confidentiality

What you tell us will be treated in confidence. We do not share information with family, friends or other agencies unless you give us your consent. However, we will advise your GP of your progress. In exceptional circumstances where we are concerned about your welfare, or the welfare of others, it may be necessary to share information.

What help do we offer?

After you are referred into the service, a clinician will phone you to discuss your mental health needs. This telephone call typically lasts up to 30 minutes.

If you do not have access to or are unable to use a telephone we may offer you a face-to-face consultation. Please let us know if an interpreter is required.

Therapeutic options will be discussed with you. These might include one of the following:

- **CBT in Action Course:** this is a 7 week psychoeducational class based on cognitive behavioural therapy (CBT). Its aim is to help you to understand the connection between your thoughts, emotions, behaviours and physical symptoms, and to provide you with techniques to help you manage stress/anxiety and low mood.
- **Sleep Workshop:** this is a 4 week psychoeducational class for people who struggle to get to sleep or who wake up during the night and find it difficult to get back to sleep. Its aim is to provide you with techniques to improve your sleep using a cognitive-behavioural approach. It focuses on lifestyle factors, changing sleep patterns, and exploring and challenging the thoughts that interfere with sleep.

- **Guided Self-Help:** this is a brief, structured therapy which uses a cognitive-behavioural model. It is designed to help you understand and deal with your problems effectively and independently. It typically involves 6 – 8 sessions lasting 30 minutes. A therapist will help you to select self-help workbooks based on your individual needs. You will be encouraged to work through these personalised self-help materials in-between sessions in order to reach your goals.
- **One-to-One Therapy Sessions:** this involves talking about your difficulties with one of our clinicians. It typically consists of 6-8 therapy sessions lasting up to an hour. Our clinicians are trained in approaches such as person-centred counselling, CBT and other psychological therapies.

We sometimes run additional therapeutic options throughout the year. We may also sign-post you to other services that are suited to your needs.

