

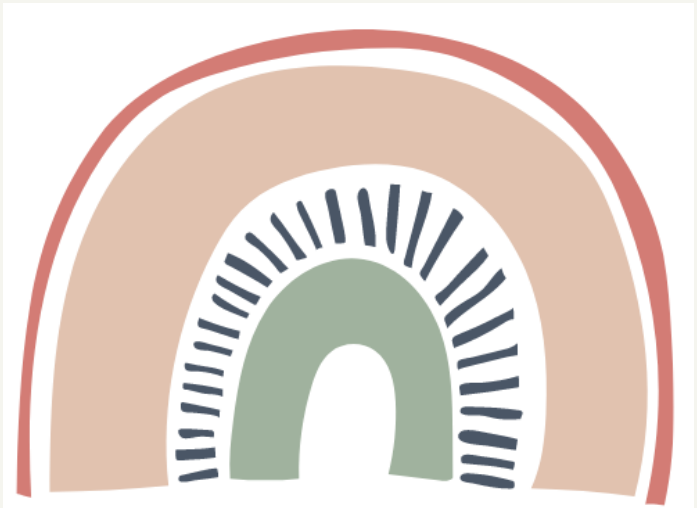
Do you need support with...?

- Taking control of your own health
- Confidence
- Low Mood
- Managing Emotions
- Sadness
- Employment
- Self Help
- Depression
- Low Level Stress
- Panic
- Goals
- Relationship Issues
- Sleep Issues
- Recovery
- Finance
- Healthy Lifestyle
- Chronic Pain
- Self Esteem
- Low Level Anxiety
- Quality of Life
- Wellbeing
- Anger
- Bereavement
- Emotional Regulation
- Loneliness

INSTAGRAM
hosms_mentalhealthteam

PCN Mental Health Team

Honiton Surgery
Sid Valley Practice
Coleridge Medical Centre



PCN Mental Health Team

EMAIL
d-ccg.honitonsurgery-
mentalhealth@nhs.net

HOSMs PCN consists of Honiton Surgery, Sid Valley Practice & Coleridge Medical Centre
The PCN is launching a brand new Primary Care Mental Health Team for patients of the surgeries

We are currently taking referrals from surgery clinicians only

- Mental Health Team**
The PCN Mental Health Team consists of:
- Mental Health Practitioner
 - 3 Mental Health & Wellbeing Coaches
 - 2 Mental Health Care Coordinators

Accessing the PCN Mental Health Team

Step 1

You will need to be referred by a clinician from your GP Practice

Step 2

You will receive a call from the Mental Health Team for an initial assessment. We will explain our service, talk through your current difficulties and explore if our services are appropriate for your needs. You will talk through our session agreement and discuss your the next steps.

Step 3

If you agree to sessions you will be booked in for your first session with a member of the team.

Mental Health Wellbeing Coaches

provide personal support and motivation to adults who may be struggling with their emotional wellbeing

Your Mental Health Wellbeing Coach can support you for up to 6 sessions lasting 45 minutes each. These can be undertaken by phone, video or face to face outside.

With the support of your coach, the sessions enable you to set goals and provide you with the skills, tools and confidence to enable you to manage and maintain your own mental health and wellbeing

Please Note;

Mental Health Wellbeing Coaches and Care Coordinators are not qualified to give medical advice. If you require a clinical intervention then the team will signpost you into the most appropriate mental health support service for you.

Care Coordinators

provide support and help you to access community services and groups, advice and information and other services to help improve your health and wellbeing.

In your initial session you will discuss any current interests or goals as well as any concerns with issues such as housing or finance that you feel the Care Coordinator could support you with.

Current interests or goals should be relevant to improving your mental health and wellbeing (such as attending a support group) and should be realistic and achievable. We can support patients in accessing these community groups or services as well as accompanying patients on one occasion if necessary.