

**Patient does not feel unwell/ have a temperature or flu-like symptoms.**

**How to be referred to the Mental Health Service**

Call today is regarding Mental Health

**Care Navigation / Care Coordinator**How can I help you today / reason for your call?

**Patient rings
GP Practice**

Care Navigator books patient into the Mental Health service

Julie provides short-term, focused interventions to support Mental Health and can also refer to other services if the need requires. Julie is a non-medical prescriber and can start, monitor, and stop medication.

 **Exclusion Criteria**

* UNDER 18 years old
* Actively suicidal, in crisis (Refer to access SPA team or 999)
* Already under Secondary Mental Health care (refer to Mental Health worker)
* Patients who fit SMI criteria
* Annual medication reviews unless there are concerns about patients Mental Health

 **Inclusion Criteria**

* OVER 18 years old
* Registered with a North Doncaster GP Practice
* Complex Mental Health (MH) needs who do not fit criteria for Secondary M.H Care (Hospital Care)
* Anxiety and Depression
* Self-harm
* Drug and Alcohol concerns
* Discharged from M.H Care and experiencing signs of relapse
* Borderline personality disorder patients that frequently attend GP practice
* Vague, unsure, / early M.H signs and symptoms
* Health Anxieties with no underlying physical illness
* Wanting to engage with support for M.H

**Telephone / Face-to-face, initial appointment 30 minutes with Julie Shone**

**REFERRAL TO OUR MENTAL HEALTH PRACTITIONER**