

Leeds Mental Wellbeing Service

Update for Referrers May 2021

Leeds Mental Wellbeing Service offers support for a range of mental health problems and appropriate therapy and interventions to help them function better.

Quick guide created by GPs to help GPs get patients to the right place: - see full guidance here: [Ref Guidance](#)

Service	Social Prescribing /Link Workers (not LMWS service)	Healthy Minds* *where available NOT LMWS service- not ALL PCNs have this offer	LMWS Online Courses, Workshops, Classes & Talking Therapies (previously known as Leeds IAPT)	Primary Care Mental Health (LMWS) *Not a CRISIS service All PCNs have an allocated team
Who is this for	<p>Patients 18years and over</p> <p><u>Link patients to support</u> for:</p> <p>Housing matters Money management Meaningful activities Social activities Emotional & mental wellbeing Healthy Lifestyles</p>	<p>18years & over</p> <p>low risk emotional turmoil instead of seeing the GP</p> <p>one off or short-term contacts</p> <p>(AND can be used to help navigate LMWS including Primary Care MH)</p>	<p>17yrs & over</p> <p>'psychologically informed' reasonable communication skills, 'IT literate' 'motivated patients'</p> <p>Low mood / depression, Anxiety disorders, including GAD, panic, OCD, mild bulimia, PTSD, suitable for patients with Mild-moderate or moderate-severe symptoms with recent onset & motivation to engage in treatment & patients with stable SMI where able to engage with treatment</p>	<p>17yrs & over</p> <p>Patients who would be unlikely to engage with IAPT due to chronic and/or complex MH and who are poor functioning but don't fit CMHT criteria.</p> <p>ie the ones who usually 'slip through the net' -</p> <p>also support here for patients who could make use of Talking Therapy but have barriers to access – ie digital, language, etc</p>
Making an Introduction or Referral	<p>Use remote booking appointments accessed through your own GP system (SystemOne) or on Extended Access platform (EMIS)</p> <p>Patients can self-refer 0113 336 7612 or email linking.leeds@nhs.net</p> <p>also local PCN offers</p>	<p>Practice staff including front of house can book appointments for their PCN through Extended Access platform</p>	<p>Patient can Self refer on LMWS website Leeds Mental Wellbeing Service Home Page</p> <p>Tel: 0113 843 4388</p> <p>Email: leeds.mws@nhs.net</p> <p>Or professional referral to LMWS – using embed Ref doc in clinical systems</p>	<p>With some clinical triage in practice or PCN (or via Healthy Minds)</p> <p>Electronic/task refer through to PCMH on S1 – HOME template -GP-MH or PCMH Referrals template /EMIS-internal task</p> <p>GP can also ask for decision support for onward referrals.</p>

Accessing LMWS Patients are now offered a range of access options including face to face where needed:



Direct Access Support -LMWS offer a range of self-help Online Courses & Online Classes

Direct Access courses and classes – patients can book directly NEW	Average Waits and access info
Online Video courses - Panic Attacks, Stress & Anxiety, Depression, Self-Esteem, Bereavement, Stress in Parenthood, Post Natal Depression	Available 24/7 - (can be accessed on laptop, tablet, smartphone etc)
Online Classes – Moved online in 2020 Sleep Well, Stress Control, Depression Recovery, Staying Well through a Pandemic Psychological Wellbeing & Diabetes (NEW) Psychological Wellbeing & Living with Cardiac or Respiratory Conditions (NEW)	Start dates throughout year – some daytime and evening classes – check website for dates Sessions 1-6 weeks (sleep well is one single session) *Run on MS Teams Live -Patients are not required to actively participate in classes or download any app.

Places on our courses and classes can be booked directly from our website

[Leeds Mental Wellbeing Service Home Page](#)

Other talking therapies and Cognitive Behavioural Therapy options in LMWS

Patients can complete a more detailed online or telephone assessment for LMWS & will be placed into the correct treatment pathway for their presentation. [Self Referral Page](#)

The online form has been simplified for patient use and takes approximately 15-20minutes to complete.

Current interventions	Average Wait times
Silvercloud (online CBT programmes)	Up to 12 weeks
Step 2 Guided CBT	Up to 12 weeks
CBT -IESO (1:1 online 'typed' CBT)	2 weeks from offer being made
CBT face to face or via online 1:1	Up to 9 months *
Counselling for Depression	3-4 weeks (offered after self help as step up)
Interpersonal Psychotherapy	3-4 weeks

*LMWS is working hard to reduce the waiting time into CBT and looking at an organisational shift in how patients are allocated onto CBT lists
Some patients have priority in LMWS including Pregnant women / new mums & partners of & veterans

Primary Care Mental Health (PCMH) **NEW in 2020**

Patients who won't pursue self-referral, would struggle with online self-help, who have chaotic lifestyles but who don't have a serious or unstable MH presentation meeting the CMHT criteria, can be referred via TASK based referral in EMIS/SystemOne) to the PCMH element of the service.

This service will assess and support patients and provide some forms of therapy/ coping strategies & prepare & refer on patients for more intensive therapy delivered by IAPT colleagues if/ when they will benefit or are ready, or refer to secondary care services or other support.

Primary Care Mental Health staff are aligned to PCNs and are to be considered as part of an extended Primary Care Team. They use GP record systems and will communicate directly with you on cases. And a bit like health visitors or midwives, work alongside you to help you manage those patients who often fall between the gaps and hopefully help the patient to function and feel better.