

### Primary Care Mental Health -capacity update

PCMH Teams are still receiving 25% higher volume of referrals than usual & therefore there will still be a delay contacting and seeing patients across the city. The position has improved since November, however.

Please help us manage patient expectations for contacts and interventions – patients can be waiting **up to 6-weeks** before contact & patients in some cases may only be offered up to 3 sessions. We also have a number of staffing changes taking place & will be liaising with PCNs & Practices on these changes.

**Please note** – waiting times to many Talking Therapy interventions have dropped over recent months.

### NHS Talking Therapies –(formerly IAPT) Current Waits

<b>Complete detailed online or telephone assessment</b> Tel: <b>0113 843 4388</b> <a href="#">Self Referral</a>	
<b>Current Therapy interventions</b>	<b>Average Wait times &amp; Suitability</b>
cCBT programme – (online) <i>Silvercloud</i> -see page 2	<b>4 weeks</b> (Mild- Moderate Common MH disorder)
Guided Self Help -CBT (phone or face to face)	<b>6-8 weeks</b> (Mild- Moderate Common MH disorder)
1:1 online 'typed' CBT - <i>IESO</i> – see page 2	<b>2 weeks</b> – (Moderate Common MH disorder)
1:1 CBT (phone or Video) via partners XYLA or IESO (subject to eligibility criteria)	<b>4 months</b> (Mod-Severe Common MH disorder)
1:1 CBT (face to face, phone or video) via main service	'Up to' 13 months* depending on patient availability (Mod-Severe Common MH disorder)
Counselling for Depression (online or F2F) - <i>CfD</i>	<b>4 months</b> –(offered after Guided CBT as a step up)
Step 3 Groups: CBT for Social Anxiety (face to face), CBT for GAD -online, Mindfulness based CBT -online	3-6months (Moderate to Severe Common MH disorder)
<b><i>Pregnant women, new mums &amp; partners of, Veterans &amp; Anyone Over 75 have priority in LMWS TT &amp; will likely wait less than 4months for treatment.</i></b>	

\* The Wait Time Measure is based on the wait people starting treatment NOW have waited. It is impossible to be 100% certain how long people will wait if referred now but LMWS are confident it will be shorter than 14m due to new arrangements put in place in 23/24.

<b>The Following can be booked directly from our website <a href="#">HERE</a></b>	
<b>Direct Access courses and classes</b>	<b>Average Waits and access info</b>
<b>Online courses</b> - 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)
<b>Online Workshops – single session 2hr workshop</b> Sleep Well, Struggling with Motivation, Unhelpful thinking in Low Mood, Managing Worry, Managing Panic, Managing Stress	Up to 6 weeks – rolling programme *Run on MS Teams Live -Patients are not required to actively participate in classes or download any app.
<b>Online Classes – 6-week sessions</b> Stress control, Depression Recovery, GAD Recovery Group	Up to 6 weeks – daytime and evening classes *Run on MS Teams Live -Patients are not required to actively participate in classes or download any app.

**Patients are offered a range of ways to access support including Face to Face, Telephone, Video, SMS**

## Talking Therapies Interventions Explained.....

**What is cCBT Computerised CBT Silvercloud**- current wait 4 weeks (Mild-Mod Common MH)

The following video can be used with patients to explain how Silvercloud can help [Silvercloud cCBT](#)

Silvercloud's programmes are designed to give patients tools & teach techniques to help overcome low mood, anxiety & stress. It uses the same techniques as face-to-face Cognitive Behavioural Therapy (CBT), but these are communicated through text, graphics, videos and interactive tools in an online programme. Research shows that supported online CBT is comparable to face-to-face CBT, in terms of its effectiveness.

Patients offered cCBT will have a supporter who is a therapist within Leeds Mental Wellbeing Service who will review progress & offer guidance. They will complete up to six online reviews which will be scheduled every fortnight. Patients will be able to securely message their supporter who will read their messages at review. After Patients have completed the six week supported programme they can continue using SilverCloud for free for up to a year.

**What is Guided Self Help** - current waiting times 6-8 weeks – (Mild-Moderate Common MH)

Guided self-help involves using self-help materials based on Cognitive-Behavioural Therapy (CBT) to learn techniques to help manage symptoms of depression, anxiety, panic attacks, phobias and stress with the help of a Psychological Wellbeing Practitioner.

Patients will be asked to do some simple in-between session tasks and the emphasis will be on providing patients with techniques and coping strategies that they can use in the long term. Each session will last up to 30 minutes where patients will : Identify priorities & goals for the session, Work through a range of guided self-help booklets, Guide patients how to use the self-help techniques, Set in-between session tasks to practice the techniques, Review how you get on with in-between session tasks

**What is Typed CBT? Provided via IESO** - waiting times 1-2 weeks - (Moderate-Common MH)

Typed CBT is usually offered to patients & can be preferred option if patients find it difficult to open up with someone. Patients are allocated to a trained therapist & agree dedicated time each week to have 1:1 typed CBT. The following video can be shared with patients. [Understanding IESO for referrals](#)

## New national Learning Resource – Depression & Older People







**A new series of PODCASTs for all Working with Older People are now available** [HERE](#)

The new resource helps those caring for older adults to recognise the symptoms and supports conversations that may initially feel quite daunting. It has been developed for anyone providing care / support to older people. That includes those working in the NHS in any setting, in the community, in care homes, & in voluntary services.

[Make a Difference PODCASTS](#) Including:

Depression in Context, Spotting the signs, Keeping safe, Treatments, Support Networks

## Accessing Adult Mental Health Services in Leeds - A Quick Reference Guide for GPs & Practice Staff

PRESENTING SYMPTOMS	Low Level Emotional or Social Support needs (isolation, housing, financial issues, employment problems)	Mild/Moderate symptoms of anxiety or depression panic disorder, OCD  Able to self-refer for therapies &/or online resources	Moderate, severe anxiety & depression emotional turmoil grief, stress	Moderate-Severe depression, multiple traumas, deteriorating SMI, poor engagement with services (i.e., the 'revolving door' patient)	Severe cognitive, & emotional problems relating to a mental health diagnosis warranting psychiatric assessment or deterioration of a known severe mental health illness	Acute mental health problems with immediate risk to self or others
						
WHO CAN HELP	<b>Social Prescribers</b> e.g. Patient Ambassadors, Linking Leeds*  <i>Remote appts or Self Ref or PCN Hubs</i>	<b>Mindwell</b> <a href="https://www.mindwell-leeds.org.uk">Home - MindWell (mindwell-leeds.org.uk)</a>  <b>or direct to LMWS</b> <a href="https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/">https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/</a>  <i>If unable to self refer, consider Healthy Minds or seek guidance from PCMH</i>	<b>Healthy Minds</b>  <i>Book through remote appts or on Extended Access Platform</i>	<b>Primary Care Mental Health Teams (PCMH)</b>  <i>Task/Refer inside Clinical Systems</i>	<b>Community Mental Health Team (CMHT)</b>  <i>Referral Form in Clinical systems to SPA</i>	<b>CRISIS</b>  LYPFT SPA  <i>0800 1831485- speak to clinician or call police if risk imminent</i>
WHAT TO EXPECT	Assessment Signposting Goal setting Coaching Liaising with GP/other services	Self Help Resources Useful Courses Self-Referral Pathways into Therapies, Groups etc Peer Support etc	One contact but can be more if needed Helpful conversations Triage into PCMH or talking therapies	Assessment Decision support to professionals Short term interventions Safety planning	Psychiatric Assessment Prescribing Longer term interventions Care coordination	<b>Assessment within 72hrs</b> <b>(can be same day if emergency assessment appropriate)</b>