

## Our Aim

We aim to provide an early response to those patients who are experiencing mental health difficulties and look to treat, support, signpost and, where needed, refer on to a more appropriate service.

### Client Comments

*...was able to talk to someone with specific knowledge on regular occasions and get advice on when medication might be wise, and which medication...*

*The practitioner helped me to access the right support through Talkworks; helped me get some time off work to focus on myself and my feelings, and reassured me that I could access the support again whenever I needed...*

*A real feeling of trust in the care of the mental health practitioner. Full round care for every aspect of my mental health diagnosis. Kind, caring and knowledgeable.*

### Useful urgent contact numbers:

Devon First Response: **0808 196 8708**

Mental Health Connect Cornwall: **0800 038 5300**

Samaritans: **116 123**

# Mental Health Practitioner Nurses



# Who we are



We are Philippa Ogborne-Cook and Tracey Weymouth, the Mental Health Practitioner Nurses for Coast & Country Primary Care Network. The team also includes Mental Health Support Workers who may follow up, after you've initially spoken with us.

We are both qualified Mental Health Nurses (RMN's) and non-medical prescribers. We both bring with us many years of experience in a variety of mental health services, including in-patient mental health wards; inner city and rural home treatment teams; substance misuse teams and mental health teams in the general hospital setting.

## We can speak to:

- Any patient 18 or over who feels they have a mental health difficulty.
- Any patient registered at Bradworthy Surgery, Hatherleigh Medical Centre, Holsworthy Medical Centre, Neetside Surgery and Stratton Medical Centre. We hold clinics at each of these centres.
- Patients experiencing a mental health crisis.

## We do not generally accept:

- Someone who is already under a Community Mental Health Team. Patients should contact their Care Coordinator/Duty Desk in that team.

Contact us through your own surgery first. We are always happy to consider each appointment request that comes via the individual Patient Services Teams. You may be asked to leave a few brief details so we can get back to you. This is always confidential information.

# Our Appointments

## Assessment



Our initial assessments are mostly telephone appointments, so we can talk to people in their own familiar surroundings. However, we are able to see people face-to-face, when essential. We are both able to prescribe.

## Follow Up



We would anticipate that our work would be complete in four sessions. If we need to refer a patient on to another team or service, we will do that, after discussing the options together.

## On The Day Appointments



We leave a number of appointments for people who need to speak to us that day: for someone expressing thoughts of harm to self or others; describing visual or auditory hallucinations; in acute distress; a woman who has recently given birth; someone who feels they are in a crisis.