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Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tîp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

Jeśli wymagane jest tłumaczenie, lub kopia niniejszego dokumentu w innym języku, na kasecie audio, alfabetem Braille'a lub druk większą czcionką, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: cwp.info@nhs.net

如果您需要翻译服务或者需要该文件的其它版本, 录音磁带, 盲文或大字体, 请和CWP的一位员工提出, 或者发电邮至 cwp.info@nhs.net

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

You were seen today by:

.....
The plan from your assessment is:

.....
.....
.....
.....
.....

Confidentiality

Information held by the service is treated in accordance with Cheshire and Wirral Partnership NHS Trust confidentiality policy available at: www.cwp.nhs.uk

The external organisations listed overleaf are independent of CWP and provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these services.

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Cheshire and Wirral
Partnership
NHS Foundation Trust

Wirral

Single Point of Access Mental Health Team

0151 488 8157

Helping people to be
the best they can be

Why have I got an appointment letter from you?

You have been referred by your GP or other health professional following your recent appointment. During your consultation your referrer would have discussed your concerns regarding your mental health.

How can you help me?

The function of our team is to offer a timely and specialist mental health assessment, and to refer, signpost or offer self-help as required.

What does it entail and who will I see?

Your appointment will be with a registered mental health nurse and they will undertake a mental health assessment with you. They will discuss your mental health needs, history, medication and future options.

Will anybody know what's been discussed?

Following your assessment we will feedback to your GP a summary of what was discussed and the collaborative plan that was made. Your assessment and details are confidential and will only be shared with people involved in your care.

What will happen next?

Depending on the outcome of your assessment you may be referred to one of a number of services. These may include talking therapies, local community mental health teams and voluntary support services. This is by no means an exhaustive list and you will be referred or signposted to the most appropriate service for you.

What happens if I do not go?

If you do not want your appointment please cancel it by calling 0151 488 8157 and we will be able to offer it to somebody else. If you do not cancel the appointment and do not attend, you will be sent a letter asking if you would like to make another appointment.

Can you help with my benefits?

Wirral Access Team is not commissioned to write or respond to DWP requests for further or supporting information. Ask Us Wirral – 0300 3300111 will be able to provide support in relation to benefits.

Do you prescribe medication?

We do not prescribe medication but we are able to provide further advice and guidance to your GP.

Can I change my appointment?

Yes. We currently provide clinics in 3 localities around Wirral and will accommodate your preference where possible. Appointments are between the hours of 9-5, Monday to Friday.

Useful contact Numbers:

Samaritans: 116 123

www.samaritans.org

(Support)

Talking Together Wirral: 0151 649 1859

www.insighthealthcare.org/

(Therapies)

Wirral Ways to Recovery: 0151 556 1335

www.changegrowlive.org/

(Alcohol & Substance)

MIND: 0300 123 3393

www.mind.org.uk/

(Support / Information)

CALM: 0800 500 500

www.thecalmzone.net/

(Male only Support line)

Tomorrows Women Wirral: 0151 647 7907

www.tomorrowswomen.org.uk

(Women only Support)