

**Ribble Valley Mental Health Services- Referral Pathway**

**Patient Presentation:**

Presents **with mild to moderate** depression / anxiety that would benefit from brief psychological therapy

**GP referral to Mindsmatter (IAPT) or patient can self-refer on 01200 420499**

**Please note:** IAPT is not an urgent service and cannot offer diagnosis or medication review.

Presents with **more complex needs** requiring full mental health assessment. Including severe / enduring mental health problems, psychosis and suicide risk.

**GP referral to Assessment and Treatment Team (ATT) on 01282 657116 or the Crisis Team on 01282 657222**

**During hours of 5pm to 9am, weekends & Bank Holidays – please contact the Crisis Team**

Patient receives welcome call within 2 weeks to screen for talking therapies.

**ATT-** Mental health assessment, risk management, diagnosis / medication. Referral onto appropriate service which may include Mindsmatter, CCTT or the Crisis Team

**Step 2**

**One to one, face to face**

- **Psychological well-being practitioner (PWP):** 6 sessions guided self-help overcoming symptoms of depression, anxiety, stress, sleep problems.

**CCBT**

- **Living life to the full** - 8 computerised sessions.

**Email based support.**

- **Silver cloud** – 4-6 support sessions via email. Access to self-help online for 1 year.

**Group based**

- **Stress control workshop** – 6 weekly sessions held in the evening – Burnley Town Hall.
- **Well-being workshop** – children’s centre based. One off session offering tasters of guided self - help for anxiety and depression.

**Step 3**

CBT: 12 sessions  
Counselling: 8 sessions

**Complex Care and Treatment Teams (CCTTs)** provide high quality support and treatment for people over the age of 16 years who are experiencing complex mental health and social care needs.

**The Crisis Team (CRHTT)** will accept referrals for adults (16 years old and over) with severe mental health of such severity that, without the involvement of the team, hospitalisation would be necessary. Referrals can be made by: Care Coordinators and the ATT within working hours. Outside of working hours (after 5pm) referrals can be made directly by service users, their relatives or carers (if known to the service), out of hours GPs and police.

Team	Referral Details	Hours	Manager
<b>Mental Wellbeing</b>			
For patients with mild to moderate depression / anxiety. <b>Please note:</b> IAPT is not an urgent service and cannot offer diagnosis or medication review.			
<b>Mindsmatter (IAPT)</b>	<b>Self-Referral GP Referral</b>  Self-Referral Form  Phone: 01200 420499	<b>Mon-Fri 9-5pm</b>	<b>Sofiyah Ugradar</b>

<b>Mental Health</b>			
For patients presenting with more complex needs ( <b>non IAPT</b> ) requiring full mental health assessment, including severe / enduring mental health problems, psychosis and suicide risk.			
<b>Assessment &amp; Treatment Team (ATT)</b>	<b>GP Referral by phone or fax:</b>  P: 01282 657116 F: 01282 429644	<b>Mon-Fri 8.30-5.00</b>	<b>Consultant Psychiatrist</b>  Dr Ashutosh Kaushal  01254 226278
<b>CCTT- Complex Care &amp; Treatment Team</b>	Referral via Assessment and Treatment <b>ONLY</b> .	<b>Mon-Fri 8.30-5.00</b>	<b>Richard Bibby</b>  <b>01254 226935</b>
<b>CRHTT- Crisis Resolution Home Treatment Team</b>	<b>New referrals between 9-5pm to ATT ONLY.</b>  CRHTT will take new referrals out of hours only	<b>24 hours 7 days</b>	<b>Damien McCauley</b>  <b>01254 226074</b>