



A GUIDE TO PRIMARY CARE



MENTAL HEALTH & WELLBEING



For more information
on Primary Care
services please scan:



Mental Health & Wellbeing



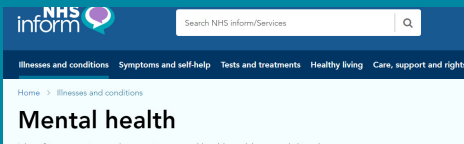
GPs can have a role in supporting and managing the mental health and wellbeing of patients but there are many other resources available which can be easily accessed that may help.

NHS Inform has information on identifying, treating and managing mental health problems. It also has a range of mental health self-help guides covering issues like anxiety, depression, self-esteem and sleep.



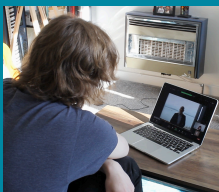
'Mind to Mind' is another NHS Inform resource that contains videos which include suggestions and tips from people with lived experience of mental health difficulties.

www.nhsinform.scot/mental-health



Further Guidance & Support

If you require further support you can contact NHS 24 mental health hub via telephone on 111.



A trained Practitioner can offer advice and connect you to other support and services.

The Inverclyde Primary Care Mental Health Team provide support and treatment to adults over 18. They offer mental health assessments and short term treatment. Support can be provided via phone, NHS near me or in person. You can self-refer to the team by calling 01475 558000.

If specialist mental health service treatment is needed for severe mental health problems you will need to discuss referral to the Community Mental Health Team with your GP.

Access larger print and alternative formats at: enquires@yourvoice.org.uk

