

### Confidentiality

Forum members maintain strict confidentiality, as per NHS Lothian policy. However, relevant written and/ or verbal information may be shared appropriately with other involved members or with other health care professionals, particularly your G.P.

**If you have any specific concerns about confidentiality and/ or information being shared, please raise them with your GP, who will alert the relevant mental health professional of your needs.**

### Special Needs

Please let us know if you need an interpreter or advocate, or need assistance because of sight / mobility / hearing difficulties, so that appropriate arrangements can be made.

### Health Promotion

We provide health education, information and advice to encourage patients to maintain a healthy lifestyle.

### Services Not Provided by the forum

We do **NOT** provide services for:

1. people with alcohol or drug problems being their main problem. The substance misuse services are most appropriate.
2. people requiring counselling only. This would include people with mild mental health problems, people with marital problems, relationship problems or those undergoing transient difficulties as a result of life events. There are no counsellors with the forum. We can, however, provide information on counselling agencies.
3. Those at school under the age of 18, or 65 years or older
4. people with a primary eating disorder

### Hours of service

9.00am - 5.00pm. Mon - Fri.

**G.P. Referrals or other care professionals.**



# Primary Care Mental Health Liaison Forum (PCLF)

N.H.S. LOTHIAN

*Space for label with  
Practice specific details*

South  
Edinburgh  
C.H.P

## The PCLF

- provides a common point from which mental health services can be accessed
- provides specialist advice, assessment and/or treatment of mental health problems. We provide evidence-based psychological, social and medical therapies for mental illnesses.
- is multidisciplinary and includes community psychiatric nurses (CPNs), psychologists, an occupational therapist (OT) and psychiatrist.

### Who provides what treatments?

All team members provide assessments specific to their field of expertise. Additionally:

- **CPNs** provide psychological and behavioural therapies for people with depression, anxiety and other common mental illnesses. CPNs are attached to specific G.P. practices.
- **Psychologists** provide assessment and therapy for people with mixed, long standing or complex emotional and behavioural problems where more specialized approaches are required.
- The **OT** provides individual and group interventions to help people with mental illness rebuild and maintain the skills needed for everyday living and to achieve a healthy balance of work, rest and play.
- The **psychiatrist** provides medical assessments for more complex or uncertain circumstances. He/she also treats those with more severe/ enduring mental illnesses.

**One or more team member may be involved in your care, depending on what is required.**

## Being referred

- Before referral, your GP may already have discussed matters with the CPN.
- We meet weekly to discuss referrals
- On the basis of information we are given, we may:
  - a. provide your GP with specialist advice
  - b. arrange for you to be seen by the team member with the most relevant skills for your problems
  - c. suggest referral to a more appropriate part of mental health services

We will communicate our suggestions to your GP. We are happy to reconsider our suggestions after discussion with your GP.

### What can I expect, when I am seen?

The first assessment appointment typically lasts **around 1 hour**. CPN and OT appointments are usually at the GP surgery. Other's appointments may be at a clinic, at the surgery or at home, dependent on need. After assessment, we will discuss what kind of input would be most beneficial. This may include referral onto another agency.

The time to your first appointment depends primarily on clinical priority, and then set NHS waiting time commitments.

You **MUST** confirm that you will attend an initial appointment, by contacting the number provided. **We will reallocate to another patient, otherwise.**

**Future appointments** and the type of treatment will also be negotiated. As part of treatment you may be asked to carry out specific tasks between appointments, for subsequent discussion.

**You may be discharged** if you do not attend a follow-up appointment and do not contact us within 10 working days of it.

### Urgent Referrals

**ALL referrals, including urgent referrals** are referred to the forum. Your GP will discuss with you whether your referral is urgent- that is, requiring attention within one week.

**Your GP will speak with us directly**, if he/she regards the referral as urgent. This may lead to **an appointment with us within ONE WEEK**. Your GP will know if this is not the case.