

Mental health practitioners (MHPs)

Information leaflet



Visit our website:
www.leicspart.nhs.uk
to see all our services and what is available for you.

Email: lpt.feedback@nhs.net

Who are MHP's and how can they help?

The MHP is a mental health professional who works within GP practises. They offer assessment and provide guidance and signposting for adults who are experiencing mental health difficulties.

Aim

The aim is to ensure that people who may be struggling with a change/deterioration in their mental health, receive a prompt, specialist mental health assessment. This is carried out locally within your own GP surgery. MHPs also provide guidance to learn how to self-manage difficulties or signpost/refer to appropriate support.

Who is this service for?

The service is available to anyone aged 18 years and older with a mental health concern who are not currently receiving treatment from NHS mental health services or are looking to step down from a mental health service.

How can I make an appointment with the MHP at my GP surgery?

Please contact your surgery and ask how you can make an appointment with your MHP.

Appointments are offered Monday to Friday (this may differ between surgeries).

What can I expect from the MHP?

You will be offered an appointment with your MHP. It is preferred that this is face to face but we understand this is not always possible and alternative arrangements can be made.

At your appointment the MHP will assess your mental health needs. This appointment can last up to 30 minutes.

What next?

Following assessment, your MHP will offer appropriate further support. This can range from:

- Signposting/referral to potentially useful online/selfhelp resources.
- Referral or signpost to the most appropriate service, such as: NHS Adult Community Mental Health Services or a relevant third sector or voluntary organisation.
- The MHP may ask you to return for a review appointment. This will be to further assess your needs and help you to manage your difficulties more effectively.

Should you wish to contact your allocated MHP between your appointments, please contact your GP surgery and leave a message.

Other sources of help

Leicester Partnership NHS Trust also have a 24/7 **Mental Health Centralised Access Point** who can be contacted on

freephone: 0808 800 3302

They accept self-referrals. Your relatives and GP can also make referrals on your behalf if there are urgent concerns about your mental health.

Samaritans can be contacted 24/7 - Tel: 116 123

In any emergency, please remember to ring NHS 111 in the first instance or 999.

Social services are available to help with social support.

They can be contacted on the following numbers:

Leicester City Social Services - 0116 454 1004

Leicestershire County Social Services - 0116 305 0004

Rutland County Social Services - 01572 758 341

Outside of normal working hours, the emergency duty team for both Leicester City and Leicestershire County social services is available on - 0116 255 1606

Self help booklets

There are some self help booklets available at: <https://web.ntw.nhs.uk/selfhelp/>

Let us know how we are doing

Your feedback is valuable to us - it helps us to understand where we need to make changes to improve the care we provide.

Scan the QR code below to leave your anonymous feedback.



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