

MENTAL HEALTH

Support to those with mental health problems

It can be frightening to feel anxious and depressed. It can be really distressing to see a loved one become unwell. Where do you go for help at such times?

Medical services

Your general practitioner

The first contact point will normally be your general practitioner. Your local surgery has a range of options to help you. You may be able to see a practice counsellor.

You may be able to access information and advice on lifestyle, exercise and diet. Your local doctor may be able to refer you to other healthcare professionals including:

- * community psychiatric nurses
- * psychiatric social workers
- * consultant psychiatrists
- * clinical psychologists
- * occupational therapists

If you feel uncomfortable with your doctor, you have other options. You should be able to:

- * ask to see another doctor
- * ask to see the nurse at the practice (if there is one)
- * register with a new surgery

Out of hours

You can contact the Devon Doctors out of hours service if you cannot wait for your own surgery to open - please call 0845 6710 270.

Derriford Hospital Accident and Emergency - this may often be busy, however if you need to attend in an emergency, a consultant psychiatrist should be contactable.

Gateway to Mental Health Services

If you wish to access mental health services directly, you can contact Gateway on either 01752 669709 or on 0845 155 8065. This service operates from 9.00 a.m. until 10.00 p.m. Mondays to Fridays and from 9.00 a.m. to 5.00 p.m. on Saturdays and Sundays. If you call outside of these hours, you can be put through to the Out of Hours social work team for help.

Other mental health services

Plymouth & District Mind

Offers a wide range of support and social activities for people who have mental health issues. You can self refer or you can be referred by your doctor or care coordinator.

Please contact 01752 254004 for further details.
www.plymouthmind.org.uk

Crossroads Fun and Friendship Centre, Morice Town Baptist Church

Offers a varied programme of educational, recreational and leisure opportunities for adults of working age with mental health issues.

Please contact 01752 367880 for further details.

Routeways

Helps people with mental health problems return to work or training by providing a single point of contact and helps to facilitate appropriate training or pre work skills to enable an individual to access or retrain for work.

Please contact 01752 300237 for further details.
www.routecentre.co.uk

Samaritans

Provide confidential, emotional support 24 hours a day, seven days per week to anyone experiencing feelings of despair or distress, including those which may lead to suicide.

Telephone: 08457 90 90 90