



Third Sector/Charities and Specially Commissioned Services



The 3rd Sector



NLICB

[Mind & the Recovery College](#)

[Rethink](#)

[Samaritans](#)

[SANE](#)

[Alzheimer's Society](#)

[Bearded Fishermen](#)

[Humber Men in Sheds Alliance](#)

[Shout](#)

[Calm](#)

[Veterans' Gateway](#)

[Cruse](#)

[Bereavement - Lindsey Hospice, Scunthorpe](#)

[SOBS](#)
Survivors of Bereavement by Suicide


... and more

The Haven
[Website Here](#)

Anyone aged 16 years and over can call

☎ 01724 279500 from 6 pm – 12 midnight.

Primary Care



GP

- The GP considers a number of appropriate treatments which includes using talking therapies (Improving Access to Psychological Therapy) before using medications.
- Antidepressant medications for example can take 4 to 6 weeks to be effective. The GP may wish to increase the dose of an existing antidepressant or try another type of antidepressants.
- GP's are requested to try 3 antidepressants before referring to secondary mental health services.



IAPT

Improving Access to Psychological Therapy (IAPT) - RDaSH

Based at The Talking Shop, we help people aged 18 and over suffering with common mental health problems, such as depression or anxiety, symptoms may include:

- Low Mood
- Stress
- Panic
- Sleep Disturbance
- Worry
- Phobia
- Guided self help
- Self- help material
- Treatment programmes for depression and anxiety
- Skills Classes
- Cognitive behavioural therapy




Primary Care Network

Preventative model - The Primary Care Network Mental Health Team – RDaSH. This team will offer routine mental health assessments and IAPT (Improving Access to Psychological Therapy) services for patients presenting to their GP with a mental health condition. They will provide health checks for patients with a severe mental illness and offering appointments in convenient locations for patients diagnosed with dementia, or with complex medication regimes. Would require a referral via the GP or Secondary mental health services via the single point of access.

Wellness Classes - Can self refer

Secondary Mental Health Service



RDaSH

(Mental Health) Single Point of Access includes crisis mental health services

☎ Tel 01724 382015

✉ RDASH.NLAccessTeam@nhs.net

Referrals to Secondary Mental Health Services can be made by -

- self-referral or
- anyone with the consent of the individual
- or in the person's best interest if the individual does not have the capacity to self-refer

- All referrals are screened & triaged.
- Assessments are usually undertaken within 2 weeks from the referral or sooner if urgent.
- For those with memory problems the GP is required to undertake dementia screening

Urgent mental health assessments are carried out in a location depending on the individual's circumstance. This can take place within their home, at Great Oaks or the A&E department [if there are any medical needs]

Following the assessment, individuals are signpost or referred to appropriate service. This could be to their GP, talking therapies, the third sector or to other RDaSH services or a combination

RDaSH Teams/Services

Front Door Services (Tel: 01724 382000)

- Triage & Screening
- Access & Hospital Liaison Team

Community Based Team (Tel: 01724 382363)

- Home Based Treatment Team
- Recovery Team
- Intensive Community Therapies
- Early interventions in Psychosis Team – 14 yrs plus
- Therapy Interventions
- Psychology
- Assertive Outreach Team
- Memory Service
- Specialist Community Forensic Service
- Perinatal Service
- Occupational Therapy Service
- Intellectual (Learning) Disability Team
- Clinic – Medication Management

Adult Inpatient Units (Tel: 01724 382000)

- Laurel House - older adults & frail adults*
- Mulberry House – 18 to 65*
- Specific policy for any under 18 admission to an adult inpatient unit
- Other locations within the Trust

Veterans' Mental Health Transition, Intervention and Liaison Service (TILS) [link](#)

Mental Health Act 1983

- s.136 If a person appears to a constable to be suffering from mental disorder and to be in immediate need of care or control, [link](#)
- s.2 Admission for Assessment [link](#)
- s.3 Admission for Treatment [link](#)

☎ 01724 296633

☎ Out of Hours 01724 298190

Approved Mental Health Professionals

Specialist Mental Health Social Workers & Senior Mental Health Officers



NLC Mental Health