Introduction

This service was introduced in November 2001, and was created as a result of the National Service Framework for Mental Health, setting goals for service users with common mental health problems, having ease of access to assessment, support and information.

Our Mission Statement

The Primary Care Mental Health Team offer a quality service to clients experiencing mental ill health or psychological difficulties by promoting mental wellbeing, managing mental ill health, reducing potential harm and preventing further deterioration.

The service supports people irrespective of ethnic origin, gender, religion, culture, sexuality, physical or learning disabilities.

The service is a joint agency initiative between health and social services and also involves the voluntary sector and other statutory services where necessary.

Who Can Refer?

Appropriate referrals are accepted via GP only.

What Do We Do?

The Primary Care Mental Health Team provide assessment, advice and short-term intervention for clients within either their GP Surgery or a community setting. Following an assessment of their mental health needs, the practitioner will talk them through a number of possible solutions.

What is Available?

There are a number of options within the Team which include:-

- Assessment
- Signposting to other agencies e.g. counselling
- 1:1 support and provision of self help materials
- Group work
- Cognitive Behaviour Therapy
Bibliotherapy

A joint project between the primary mental healthcare service and local libraries has provided a recommended reading list of books on common mental health problems, which are available in all local libraries. The joint project resulted in the ‘Book Prescription Wales Scheme’. If you would like further information, please contact the Primary Care Mental Health Team or visit your Local Health Board website at www.wales.nhs.uk/directory.cfm

Self Help Booklets:
- Stress
- Stress and Anxiety
- Panic
- Shyness and Social Phobia
- Sleep Problems
- Depression and Low Mood
- Obsessions and Compulsions
- Bereavement
- Post Traumatic Stress

Fact Sheets:
- Problem-solving
- Time Management
- Saying No
- How to Reduce Stress by
- Learning to be Assertive
- Self-Harm Fact Sheet
- Solving Problems and
- Achieving Goals

Other Useful Contacts

- For telephone support you can contact the C.A.L.L. Helpline on 0800 132737
- For medical advice you can contact NHS Direct on 0845 4647
- For support with relationship difficulties contact Relate on 0870 240 4246
- For bereavement problems you can contact Bereavement Helpline Wales on 0870 2406578
- For confidential, emotional support, contact Samaritans on 08457 909090
- For advice regarding long-term physical and mental health conditions, e.g. arthritis, heart disease, asthma, contact the Expert Patient Programme (E.P.P.) on 01352 803325
- For representation and support regarding your rights and choices contact the Flintshire Mental Health Advocacy Service on 01352 759332 Wrexham area contact 01978 354737
- For information and support for carers in the Wrexham area contact AVOW on 01978 312556
- For short term therapeutic support for mental health problems, contact Parabl on 03007772257.

Useful Websites

- BBCi – mental health section : www.bbc.co.uk/health/mental
- The Mental Health Foundation : www.mhf.org.uk
- Self-Help UK : www.self-help.org.uk/directory
- C.A.L.L. Helpline : www.callhelpline.org.uk
- NHS Direct : www.nhsdirect.nhs.uk
• OCD for young people : www.ocdyouth.info
• CBT for preventing depression : www.moodgym.anu.edu.au
• Parabl www.parabl.org

Contact Us:

Primary Care Mental Health Team
Ty Derbyn
Wrexham Maelor Hospital
Croesnewydd Road
Wrexham
LL13 7TD

Telephone: 01978 726730
Fax: 01978 726600