

Local providers:



Provider Organisation and Details	Main areas where the services are based
Insight Healthcare Tel: 0300 555 5582 Web: www.insighthealthcare.org	STAFFA HEALTH – Tibshelf, Stonebroom, Holmewood, Pilsley Derby, Chesterfield, New mills, Bakewell, Buxton, Matlock, Whaley bridge, chapel-en-le-frith, some venues in Nottinghamshire.
Trent PTS Tel: 01332 265 659 Web: www.trentpts.co.uk .	STAFFA HEALTH – Tibshelf Derby, Chesterfield, Swadlincote, Buxton, some venues in Nottingham city.
Talking Mental Health Derbyshire Tel: 0300 123 0542 Web: www.derbyshcft.nhs.uk/tmhd	Ashbourne, Wirksworth, Matlock, Buxton, Bakewell, Swadlincote, Ilkeston, Long Eaton, Derby, Chesterfield, Bolsover, Belper, Ripley, Alfreton

Choosing your Primary Care Psychological Therapies service

Information for patients

Choice of Primary Care Psychological Therapies (PCPT) services

If you have a common mental health issue such as **stress, anxiety or low mood**, you can refer yourself to a number of primary care psychological therapies services based in various clinics and settings across Derby City or Derbyshire County.

You might choose to have your care where it is more convenient to your workplace or where relatives live or where there are shorter waiting times.

What the PCPT service covers

PCPT services include care for common mental health disorders such as:

- Anxiety
- Depression
- Phobias
- Panic

It does not cover treatment for people with more severe and complicated mental health difficulties and is only for adults over the age of 18.

Criteria for treatment

Patients will be assessed against their mental health and wellbeing needs. This means patients will be assessed according to standard guidelines for the treatment of common mental health problems such as anxiety and depression.

Following assessment, some patients may not be eligible for treatment and as such will be discharged from the service. If this is the case, appropriate information and advice will be given.

How you can be referred

There are two ways to be referred:

1. Self-referral, where you can contact the service of your choice directly
2. GP referral, where you see your GP and they refer you

If you are referred by your GP you will be contacted by the provider that your GP has referred you.

Your GP has provided you with this information about the providers (see table overleaf for a full list of providers) and you can make a choice. The chosen provider will assess the referral against the treatment criteria. If the referral is not accepted, you or your GP will be informed, or you may be referred to an alternative, more appropriate service.

If your referral is accepted then the provider will contact you to arrange an initial assessment with you.

Expected outcomes

The PCPT service should:

- Assess monitor and treat patients with common mental health problems who meet the criteria for the service.
- Offer a range talking therapies and approaches that meet recommended best practice guidance
- Provide information and advice on how to manage difficulties
- Offer advice and information on other sources of help in your local area and advice that will enable you to help yourself manage some of your problems.

The key outcomes should be:

- Improvement in symptoms affecting your health and wellbeing
- Better understanding of symptoms affecting how you feel
- Feeling better able to manage your problems
- A good patient experience.

Local providers

The PCPT services are based in various locations and settings across Derbyshire and Nottinghamshire.

Overleaf is a table that shows you who the providers are and the main localities where they will be providing services. You can self-refer or ne be referred to any of the providers below.

The PCPT services will be able to tell you about waiting times etc. and you can make a choice based on where service providers can see you and when. Providers will continually be updating their information so the advice is to either ring them to find out more about them and where they are offering services or if you have internet access go to their website.