**Professionals Guidance**

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| **VitaHealth – NHS Talking Therapies*** [BNSSG Talking](https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/) Therapies accepting GP or Self-referrals
* 16+ and registered to a GP in BNSSG
* Patient presents with anxiety or low mood
* Patient motivated and able to engage in multiple psychological therapy sessions, over a few weeks
* Any identified risks don’t meet threshold for PCLS referral
* The GP online referral form is linked on the website [here](https://www.vitahealthgroup.co.uk/make-a-referral/assisted-referral/nhs-mental-health-assisted-referral/nhs-mental-health-assisted-referral-bristol-north-somerset-and-south-gloucestershire/)
* OR Self-refer online [here](https://www.vitahealthgroup.co.uk/make-a-referral/self-referral/nhs-mental-health-self-referral/nhs-mental-health-self-referral-bristol-north-somerset-and-south-gloucestershire/) or by phone: 0333 200 1893
* Opening hours: Mon-Wed 8-8pm, Thurs & Fri 8am-5pm,

  | **PCLS/triage*** Receives and triages referrals to secondary MH services
* Arranges further assessment (if indicated)
* Signposts to voluntary sector services (if indicated)
* Gives advice to potential referrers on signposting/referral
* Referral process: The service receives referrals from GP's, Social Care, Emergency Services, and other Healthcare Professionals. Referrals are received via email referral form and/or telephone
 | **111 Option 2 Mental Health Crisis Support** * Mental Health 24/7 phone service providing support for people in crisis worried about their own, or someone else's mental health.
* The telephone line offers out-of-hours care for adults and children in crisis
* This number is not to be used to make a referral into secondary MH services, please use PCLS
* Telephone: 111 press option 2
* Opening hours: 24/7, 365 days

Children & Young People (17 years & under) can also access support directly by phoning: 0800 953 9599 |