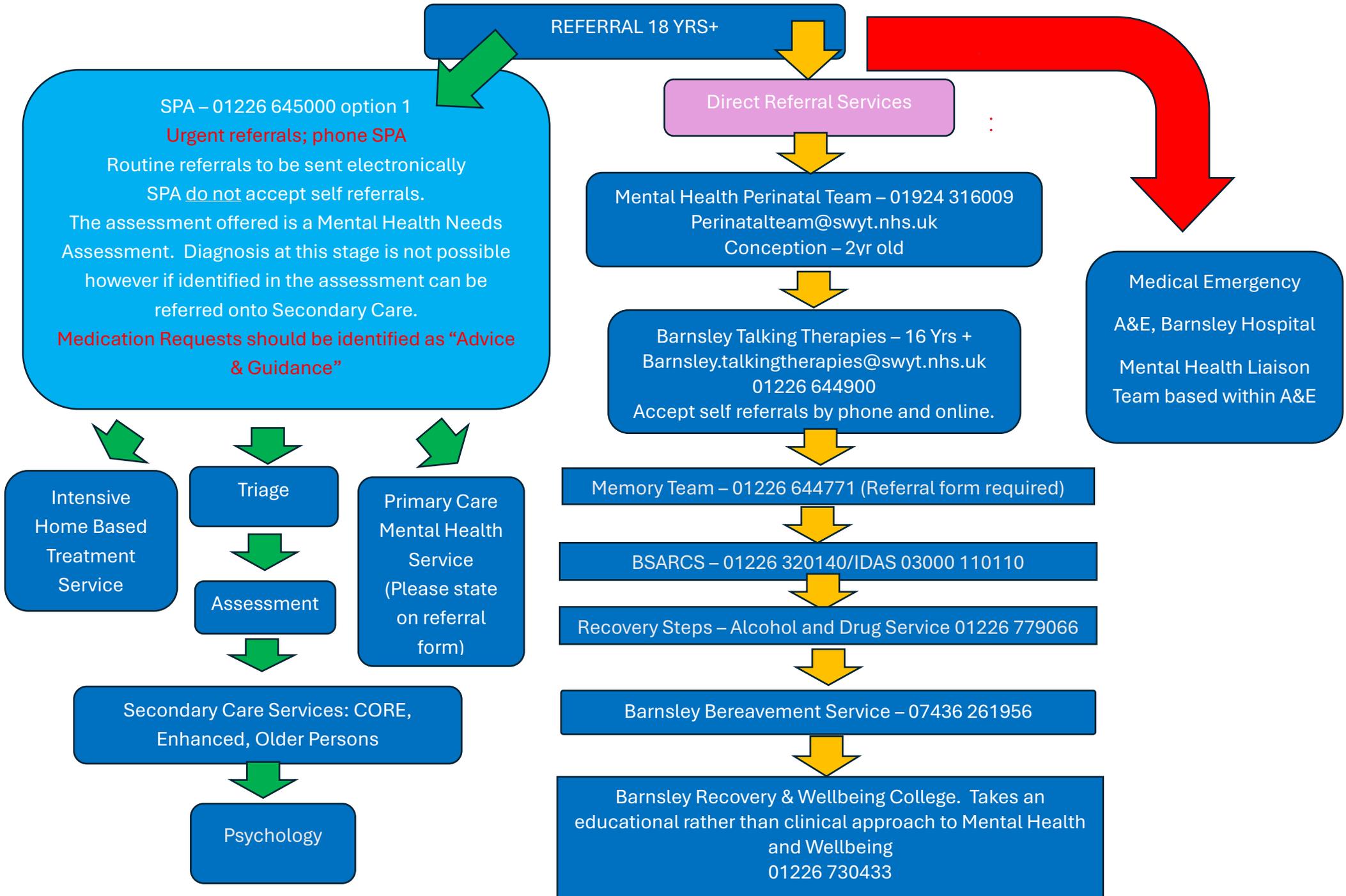


# MENTAL HEALTH REFERRAL PATHWAY – SPA



Primary Care Mental Health Team Criteria - Mild to moderate severity difficulties that are likely to respond to brief work. Mainly low risks, although risks may increase for short periods. Reasonable engagement and motivation. Significant social factors likely to be relevant to presentation. Typically no more than 10 sessions offered. **If the referral is appropriate for this team please state this on the referral form.**

Barnsley Talking Therapies Criteria - Mild to moderate severity anxiety/mood difficulties. Stable and motivated to engage in psychological therapy. Seen for individual or group interventions in clinic on weekly or fortnightly basis. Self referrals accepted online and by phone.

**Patients can only be open to 1 team at a time therefore if referring to SPA please do not ask patients to self refer to Barnsley Talking Therapies.**