

If you require a copy of this information in any other format or language please contact the Trust.

إذا كنت تحتاج إلى نسخة من هذه المعلومات بأي تنسيق أو لغة أخرى، فيرجى الاتصال بـ Trust (Arabic).

اگر شما به یک نسخه از این اطلاعات در هر قالب (فرمت) یا زبان دیگری نیاز دارید، لطفاً با بنیاد (Trust) تماس بگیرید. (Farsi)

Ha a jelen információk másolatát más formátumban vagy nyelven szeretné megkapni, akkor kérjük, hogy lépjen kapcsolatba a trösztel. (Hungarian)

ئه‌گه‌ر پوونووسی ئه‌م زانیاریانه‌ت به هه‌ر زمان یان فۆرماتیکی دیکه پێویسته تکایه له‌گه‌ڵ ئیمه پێوه‌ندی بگه‌ره. (Kurdish Sorani)

Jeśli potrzebują Państwo uzyskać kopię niniejszej informacji w innym formacie lub języku, prosimy o kontakt z Funduszem Zdrowia. (Polish)

Se necessitar de uma cópia destas informações em qualquer outro formato ou idioma, entre em contato com a Fundação. (Portuguese)

جے تہانوں ایس جانکاری دی اک کاپی دی کسے ہور فارمیٹ یا بولی وچ لوڑ اے تے مہربانی کر کے ٹرسٹ نال رابطہ کرو۔ (Punjabi Pakistani)

Dacă aveți nevoie de o copie a acestor informații în orice alt format sau limbă, vă rugăm să contactați Trustul nostru. (Romanian)

اگر آپ کو اس معلومات کی ایک کاپی کی کسی دوسرے فارمیٹ یا زبان میں ضرورت ہو تو براہ مہربانی ٹرسٹ سے رابطہ کریں۔ (Urdu)



Barnsley core community mental health team (CMHT)

Lundwood Health Centre
Littleworth Lane, Barnsley, S71 5RG

01226 645048

With all of us in mind.

About the core community mental health team

The core community mental health team (CMHT) provides specialist assessment and/or treatment for people aged 18 years and over who are experiencing moderate to severe mental health difficulties.

The team is made up of different professionals that work together to deliver person centred care. Together these professionals make up the multidisciplinary team (MDT). The professionals you may be seen by include mental health nurse/practitioner, occupational therapist, psychologist, psychiatrist, support worker and admin/support staff.

Being accepted into the core team

Before you are accepted into the core team, the MDT will meet to discuss the best option for you. If you are accepted into the core team, you will either have sessions with the community mental health practitioners or psychology team. For some, your initial appointment may be with a member from each team to further assess what would be best for you.

Once accepted into the core team you will be allocated a practitioner or therapist, that will be your lead worker. We will from now on refer to this person as your 'practitioner'. There may be a wait to be allocated a practitioner, but once allocated you will be sent an appointment letter.

Initial appointment

Your first appointment will be with one or more of the professionals mentioned above. The first session will be an assessment to see where you are at now, what has brought you here and to think about the best way to support you. If you have been accepted onto the psychology pathway, please read the psychology leaflet for what to expect from these sessions.

Options for your sessions

Sessions will usually be offered either face to face, virtually (using an online video platform) or by telephone. It is important to be aware that for you to be able to participate in these sessions you will need to be in a quiet space with no distractions. If you are face to face, you would be in a quiet, private room with your practitioner. If you have the sessions virtually or by telephone, it is best if you are in a quiet room on your own, with the space and freedom to talk openly and privately with your practitioner.

To make sure you are getting the most suitable service for your needs, it is important to let us know if you have served in the armed forces, are expecting a baby or are less than 12 months post birth. If your situation changes while having your sessions, you will need to let your worker know.

Interpreters are available for non-English speaking service users.

Working with us

It is important to attend these sessions with an open mind and with a willingness and determination to be able to make changes in your life for yourself. Nobody else has the power to heal your distress. Some strategies may be discussed on what could help you lower your distress and cope better, but this will take some work on your part to implement. This may take a trial-and-error approach and persistence to keep on trying. Change is hard, but your practitioner is there to support you in starting this in your sessions. Commitment from you involves completing activities between sessions, attending regularly and being aware that you may find some parts of the programme very challenging due to discussing personal and painful issues openly.

For those that are prescribed an antipsychotic medication, this could be in the form of an injection, and would mean you would need to be compliant and attend all scheduled appointments which will include an annual physical health check.

Groups within the core team

The core pathway has multiple therapeutic / psychoeducational groups. Some focus on managing symptoms of anxiety, depression and how to regulate emotions. This would always be discussed with you before deciding if a group would be suitable and beneficial for you.

Cancelling appointments

Please let your practitioner know in good time if you cannot make an appointment. If you do not attend an appointment and have not contacted the service, this will be marked as 'did not attend' (DNA) and an opt-in letter would be sent. This would require you to respond if you would like to continue with support. If no contact is made, you would be discharged.

At times, your practitioner may need to cancel an appointment. If this happens the appointment would be rearranged.

Discharge

After a period of work with your practitioner, you will agree a discharge pathway and will undergo a piece of work around staying safe afterwards. Your practitioner may recommend some other services that you may find useful after your work with the core team.

You will be discharged if you have not engaged with the service. You will be sent a letter to confirm you have been discharged.

Re-referrals

We ask that if you have been discharged from our service that you give an adequate amount of time to consolidate and practice the skills you have learnt. If you have a change in circumstances or have given an adequate amount of time, then you can ask your GP to re-refer you back into mental health services.

Risks

Treatment requires work in between sessions, commitment to attendance and an ability to manage difficult emotions that may arise.

Benefits

Treatments can support you in providing support and techniques to cope and reduce distress, including developing a staying safe plan that can help you to maintain your wellbeing once sessions have finished.

Core duty system

The core team offer a Monday – Friday, 9am – 4:30pm duty worker system which is available to all service users under the core team (including people on waiting lists). This service is for when you feel you cannot wait until you next see your practitioner and feel unable to keep yourself safe.

Call 01226 645 048 and ask for the duty worker.

Out of hours contacts

24-hour mental health helpline
0800 183 0558

SHOUT (24-hour crisis text service)
Text SHOUT to 85258

NHS 111

How to find us

The core team base is:

Lundwood Health Centre
Littleworth Lane
Barnsley
S71 5RG

There is onsite parking, please note the car park is a one-way system. Enter the car park and drive around the back of the building, parking is along the side of the building. The entrance to reception is opposite the exit of the car park. Please ring the bell to gain entry to the building.

You may be offered appointments at other locations across Barnsley.

What to do if you are unhappy with the service

In the first instance you should speak to your allocated practitioner about your concerns if you are able to do so.

You can also contact the Trust's customer services team.

By telephone: 01924 316060 or 0800 587 2108

By email: customerservices@swyt.nhs.uk

By post: Customer services
Block 10
Fieldhead
Ouchthorpe Lane
Wakefield
WF1 3SP

Other useful services

Recovery College - run a range of free course and workshops that promote wellbeing and good health.

01226 730433

www.barnsleyrecoverycollege.nhs.uk

Independent Domestic Abuse Service (IDAS) - supporting people affected by domestic abuse and sexual violence.

03000 110110

www.idas.org.uk

Barnsley Sexual Abuse and Rape Crisis Service (BSARCS)

01226 320140

www.bsarcs.org.uk

COMBAT Stress - specialist mental health service for veterans.

0800 1381619

www.combatstress.org.uk

South Yorkshire Eating Disorder Association (SYEDA)

Self-refer through website **www.syeda.org.uk**

DIAL - advice and support organisation run by and for disabled people and carers in Barnsley. Can help with benefit support.

01226 240273

www.barnsleydial.org.uk

Recovery Steps – Humankind - drug and alcohol service.

01226 730433

www.humankindcharity.org.uk/service/barnsley-recovery-steps

Mind - independent mental health service. Offer counselling (there may be a fee) and crisis support.

01226 211188

www.rbmind.co.uk

Cruse Bereavement Support - support through grieving.

0808 808 1677

www.cruse.org.uk

Action for Autism Barnsley - run weekly sessions for adults with autism.

www.afaab.co.uk