

MAKING REFERRALS TO COUNSELLING SERVICES AND MENTAL HEALTH SERVICES

Appendix H(b)

These Guidelines are designed to help Primary Health Care Teams make appropriate referrals to Counselling and Mental Health Services.

Psychological or Mental Health problems are often seen as ranging along a continuum from mild to moderate to severe.

These guidelines suggest that counselling services should be used for problems in the mild to moderate range and that Mental Health services be used for those in the moderate to severe range. Counselling and Mental Health services are available across the adult age range, including elderly people.

COUNSELLING SERVICES	MENTAL HEALTH SERVICES
<p>The Derbyshire Counselling Scheme in general practice offers at the first point of contact a professional counselling service, specifically for those patients with emotional or psychological problems. There is a substantial psychosocial element within general practice consultations because people generally seek help initially from their doctor. Practices that employ a Counsellor offer their patients a treatment choice and ease of access to a professional counselling service within a primary care setting.</p> <p>A Counsellor can enable the process of change by helping people to express their feelings, clarify thoughts, reframe their problems and consider potential solutions so that they can understand themselves better and be able to manage their lives more effectively.</p>	<p>Mental Health services, through the Care Programme Approach, offer a comprehensive and multi-disciplinary range of options for people with significant mental health problems and their carers and families. Specialised therapies, support, practical help, hospital admission and rehabilitation are all available. Caselink, the Supervision Register and the Section 117 Register are used as indicated.</p> <p>Although many clients will be people who are seeking help and are aware of their difficulties, mental health services also work with people who are less willing or able to engage in relationships with others. Referrers should use mental health services when they are seeking a mental health assessment or diagnostic advice.</p>
PROBLEMS APPROPRIATE FOR COUNSELLING SERVICES	PROBLEMS APPROPRIATE FOR MENTAL HEALTH SERVICES
<p>Mild to moderate problems</p> <p>Depression Relationship Difficulties Anxiety Bereavement Emotional & Psychological Difficulties Response to Physical Illness Life Cycle Development Issues Response To Trauma Sexual Difficulties</p>	<p>Moderate to Severe Problems</p> <p>Schizophrenia and related disorders Mania Hypomania Depressive Disorders Cognitive Impairment or Dementia Risk of Suicide, violence or self neglect Hypochondriasis Obsessive-Compulsive Disorder Post Traumatic Stress Disorder Eating Disorders Substance Abuse Personality and Behaviour Disorders Severe Anxiety</p>