

choose

South Tyneside
NHS Foundation Trust



Gateshead Primary Care Mental Health Service



**Are you feeling down?
Are you worried?**

Do you feel like you have nowhere to turn?
These are common feelings and there is help available.

Self Referral Information

What will happen?



You can contact us
on 0191 2832541



Prior to contacting us,
please complete the
enclosed questionnaire as
it will help us to help you



When you ring us,
we will take your
contact details
and give you the
chance to speak
to someone



We will arrange an
appointment for you to
be assessed within the
next few days



We will discuss
with you the
best option for
your needs



We will then arrange with you an
appropriate therapy within
our team OR help you contact
a more appropriate service

What do we do?

Our team works with people to enable them to overcome their problems when they feel low, depressed or stressed.

We work with people aged over 16. Our service is confidential.

We offer information classes, courses and one to one therapy.

We operate within the NHS and our therapies are evidence based as recommended by the National Institute for Clinical Excellence (NICE).

Contacting us

When you call us you will speak to one of our admin team who will take some basic information such as your name and date of birth.

You will then be offered the chance to speak to someone in confidence about your emotional issues. We will aim to identify interventions or services that will best meet your needs.

This assessment may take up to 30 minutes, so please think about when is the best time to contact us. Most people find it better to be somewhere private so they can discuss things in confidence. We can ring you back to cut down on phone bills.

During the assessment we will discuss your answers to the enclosed questionnaire, so it is helpful if you can complete it before calling us. If you have any trouble filling it in, don't let that stop you contacting us.

We work with people who have:

- Anxiety
- Depression
- Trauma
- Stress
- Other emotional issues

Questionnaire

Part 1

Please circle the answer that best describes how you have been feeling over the last 2 weeks, and how often you have been bothered by any of the following problems?

	Problem	Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things	0	1	2	3
2	Feeling down, depressed or hopeless	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4	Feeling tired or having little energy	0	1	2	3
5	Poor appetite or overeating	0	1	2	3
6	Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	1	2	3
7	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8	Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Part 2

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Problem	Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Worrying too much about different things	0	1	2	3
4	Trouble relaxing	0	1	2	3
5	Being so restless that it is hard to sit still	0	1	2	3
6	Becoming easily annoyed or irritable	0	1	2	3
7	Feeling afraid as if something awful might happen	0	1	2	3

Part 3

People's problems sometimes affect their ability to do certain day-to-day tasks in their lives.

Please rate the following activities using the 0-8 scale below to show what impact your issues are having on the following aspects of your life.

Please circle one number in answer to each question.

1 WORK*



*NB - If you don't go to work for another reason eg. You are retired, please circle N/A

2 HOME MANAGEMENT

Cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc.



3 SOCIAL LEISURE ACTIVITIES

With other people, eg. Parties, pubs, outings, entertaining etc.



4 PRIVATE LEISURE ACTIVITIES

Done alone, eg. Reading, gardening, sewing, hobbies, walking etc.



5 FAMILY & RELATIONSHIPS

Form and maintain close relationship with others including the people that I live with.



Part 4

Sometimes people find that they avoid things that make them anxious or upset. Using the scale below please could you tell us how often you avoid the situations or objects listed.

If you would never avoid these types of situations please mark each box with "0".

Please put a number in each of the boxes.

0	1	2	3	4	5	6	7	8
Would not avoid it		Slightly avoid it		Definitely avoid it		Markedly avoid it		Always avoid it

- 1 Social situations due to a fear of being embarrassed or making a fool of myself
- 2 Certain situations because of a fear of having a panic attack or other distressing symptoms (such as loss of bladder control, vomiting or dizziness)
- 3 Certain situations because of a fear of particular objects or activities (such as animals, heights, seeing blood, being in confined spaces, driving or flying)

Part 5

Please indicate which of the following options best describes your current status:

- Employed full-time (30 hours or more per week) Employed part-time
- Unemployed Full-time student
- Retired Full-time homemaker or carer

Are you currently receiving Statutory Sick Pay? Yes No

Are you currently receiving Job Seekers Allowance, Income Support or Employment Support Allowance? Yes No

Do you use Psychotropic medication? (e.g. anti-depressants or anti-anxiety medication) Yes No

For further information contact:

Gateshead Primary Care Mental Health Service
If you live in Gateshead, contact us for more details on 0191 283 2541.

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this booklet please contact the Gateshead Primary Care Mental Health Service Tel: 0191 283 2541.

Working together to make
South of Tyne and Wear

