

Primary Care Liaison

Can the Primary Care Liaison Team help me?

The Primary Care Liaison team is a service for people over 18, who may benefit from extra support over and above what is available from their GP. This service requires a referral from your GP.

Primary Care Liaison is a nurse led service, supported by consultant psychiatrists which helps individuals referred by their GP with common mental health difficulties such as:

- Depression
- Anxiety
- Obsessive compulsive disorder
- Phobias
- Adjustment disorders
- PTSD post traumatic stress disorder.

We can also support people with stable serious mental health conditions who may benefit from a period of extra support from mental health nurses.

What can Primary Care Liaison offer?

Support

Primary Care Liaison offers short term support, working with you:

- When you or your GP may require more specialist advice on treatment and support options available to you
- To help you manage your mental health and wellbeing
- To help you to find solutions to life's challenges
- To help you to get specialist advice and information
- To help you to develop self-care and living skills
- To identify other services that you might find helpful.

Recovery

- Explore your treatment options and support your decisions around treatment including supporting engagement with psychological therapies
- Create a plan, led by you, detailing how your needs can be met, who will support you and how
- Offer practical support to help you access the right services and support based on your needs, preferences and the options available to you
- Coordinate care and support to help you to achieve your goals
- Work with you on relapse prevention, including mood management.



Do you need support to improve your mental health and wellbeing?

If you are 16 and over or caring for someone who is, then Community Living Well is a new mental health service that offers you a different kind of mental health support.

Community Living Well brings people together from your local NHS, voluntary sector and local community groups into one service which will work alongside you and your GP to help you access the support you need.

Community Living Well offers easy access to a range of wellbeing and clinical services including:

- **Primary Care Liaison**
support from specialist mental health workers
- **Psychological Therapies**
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with long term conditions
- **Mother Tongue Counselling**
culturally appropriate one-to-one talking therapies and wellbeing workshops in Arabic and Farsi languages
- **Self Help**
access to self help resources.
- **Navigators**
practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information
- **Employment Support**
supporting you to find work, take steps to improve your job prospects or keep your current job
- **Peer Support**
wellbeing workshops, one-to-one support, peer support groups, social activities and online peer support with other people who have had similar experiences to you.

Get in touch...

Use the details below to get in touch or ask your GP or another health professional involved in your care to refer you into the service.

communitylivingwell.co.uk

email: cnw-tr.clw@nhs.net

tel: 020 3317 4200

Community Living Well hubs are located at:

- St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ
- Violet Melchett Centre, 30 Flood Street, London, SW3 5RR
- Gertrude Street, 15 Gertrude Street, London, SW10 0JN

