



**GP integrated  
mental health  
service  
(GPimhs)**



## What is the GP integrated mental health service?

**GPimhs brings expert advice and guidance for emotional wellbeing and mental health issues into your GP practice, and can connect you with services to provide the support you need in the community.**

We all experience difficulties in life. Sometimes we need more help in understanding and coping with these difficulties, especially when they begin to affect our general wellbeing, level of everyday activity and personal relationships.

## What can the service offer you?

- An extended consultation time with a member of our team so you have more time to discuss your concerns
- Quick, easy access to practical advice and guidance from our team
- Telephone contact or face to face meetings in a local GP practice

## Who can use this service?

**GPimhs is for anyone over 18 who is registered with a GP in the Guildford area.**

Difficulties people may be experiencing include depression, anxiety, stress, social isolation, problems in relationships, and physical health difficulties. We also seek to ensure that people's wellbeing and independence is maximised by involving their family, friends and anybody who supports a person in keeping them well.

If it is felt that another service might better meet your needs, or if you are already getting support from elsewhere, it may mean that GPimhs is not the right option for you. However, we will work with you to think about this and find the best solution to meet your needs.

## Where will your appointment take place?

You may be offered a telephone session or meet one-to-one for an appointment. We will aim to see you in your own GP practice, but if this is not possible we will see you in another GP practice close to your own.

## What can you expect?

Appointments will generally last for around 30 minutes, and we may offer you more than one. Each meeting is an opportunity for you to explore and make sense of the difficulties you are experiencing, and how they may relate to your physical and emotional wellbeing.

## Who works with us?

**GPimhs consists of a team of practitioners from different NHS and community backgrounds who are experienced in helping people with their mental health and emotional wellbeing.**

You may have contact with our team administrator and be invited to meet with a member from the team, such as a mental health practitioner or community connections link worker. They will work closely with you so that you are supported with your difficulties in a way that feels best for you.

We can provide support in the following areas, which will be agreed in discussion with you when you meet us.

- Information and guidance around emotional and physical wellbeing.
- More time to help make sense of difficulties.
- Practical support to access community resources.
- Brief interventions around ways of coping with stress and anxiety.
- Access to mental health pharmacist.
- Links to other mental health services and providers of therapy.
- An ongoing plan that is shared with your GP.

## How can you get in touch with GPimhs?

You can access GPimhs by talking with your GP or Practice Nurse.

**If you have an appointment and need to reschedule, please email [GuildfordnorthPCN@sabp.nhs.uk](mailto:GuildfordnorthPCN@sabp.nhs.uk)**

We are not a therapy service, but work closely with providers of talking therapy. If you wish to access talking therapies for common mental health problems your GP practice can give you a leaflet about this.

## If you're in crisis

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### **Please note, this is not an emergency service.**

There are other ways to get urgent help if you or your loved one is in a mental health crisis.

### **Crisis helpline**

Open 24 hours a day. 7 days a week: 0800 915 4644

If you have speech or hearing difficulties text 07717 989024.

### **Guildford Safe Haven**

Open for people experiencing a mental health crisis: 6pm to 11pm, daily

To speak to someone who knows what you're going through, drop-in for peer or wellbeing support: 6pm to 8pm, daily

Located at:

Oakleaf Enterprise,

101 Walnut Tree Close,

Guildford, Surrey GU1 4UQ,

For more information about local crisis services visit  
[www.sabp.nhs.uk/help](http://www.sabp.nhs.uk/help)

If you would like this information in another format or another language please call 01372 216285 or email [communications@sabp.nhs.uk](mailto:communications@sabp.nhs.uk)

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