

# Primary Care Mental Health and Wellbeing



Getting the right help at the right time

## Struggling to deal with life's problems? Worried, anxious, or feeling down?



## **1 in 3 people in Scotland are estimated to be affected by mental illness in any 1 year**

(<https://www2.gov.scot/Topics/Health/Services/Mental-Health>)

### **Who is this service for?**

- Anyone over the age of 16 and have left school
- People who live in North Perthshire and are registered at one of the following GP surgeries:
  - Aberfeldy and Kinloch Rannoch Medical Practice
  - Ardblair Medical Practice, Blairgowrie
  - Atholl Medical Centre, Pitlochry
  - Alyth Health Centre
  - Craiginvean Surgery, Dunkeld
  - Coupar Angus Medical Centre
  - Strathmore Surgery, Blairgowrie
- Those not currently receiving support from any other Mental Health Service
- If you are experiencing anything affecting your mental health and wellbeing.

### **What happens during the appointment?**

- The Mental Health and Wellbeing Nurse will see you here at the surgery
- Your appointment will last up to 40 minutes

- You will be asked to complete a short questionnaire before your appointment
- The Nurse will work with you to identify your difficulties and seek solutions

### **What will be offered?**

You will be given support to look at what might be helpful. This may include:

- Advice around self help
- Help making links in your community
- Ways to cope
- Help to access other services
- Learning opportunities
- Practical advice

### **How do I make an appointment?**

Speak to the reception staff to make an appointment.

Your Primary Care Mental Health & Wellbeing Team:  
“ Working with people to help them find solutions to tackle barriers to mental health ”