

# Burwell Surgery Patient Participation Group (PPG)

## Mental Health Support

As part of its work, the PPG seeks to better understand how the Surgery is helping to support some of the key health challenges facing the community. For this edition the Surgery has answered some questions on support for mental health.

### What is the incidence of different mental health conditions in Burwell?

Over 10% of the Surgery's patients are registered with depression and we have a small number of patients (less than 1%) registered with dementia, and a similar number registered as having experienced at least one episode of psychosis. However, there are many other conditions such as ADHD, neurodiversity (Autism) and eating disorders that have all increased significantly over the last few years as well as patients with what are termed "personality disorders".

### What pathways and services are there to support patients presenting with mental health issues?

All mental health conditions can have very considerable impacts on those affected and their families. We take mental health issues very seriously as a practice and try to offer a similar level of support as if you were presenting with a physical health condition. Often both physical and mental health issues are closely linked, and it is hard to help one without the other! Our advice is:

- 1. If you have concerns about your mental health or someone else, a good starting point is to discuss it with someone you trust**, perhaps a friend or family initially, or the class teacher at school or a work colleague. You are welcome to discuss it with us if this seems the best approach available to you. We are lucky to be living in a very caring community and there are many people who really want to help others who are going through a difficult time.
- 2. If there is an acute mental health crisis then please call 111 option 2.** This is available 24/7 and is appropriate if there are active concerns of suicide, significant self-harm or a sense that without immediate action there would be a significant escalation of risk. The mental health crisis team will take your details and call back within 4 hours. They have an on-call psychiatrist, mental health nurses and a 'sanctuary' to diffuse an acute mental health emergency (often a much better place to be than a busy A&E department).
- 3. At the Surgery we will help you take a step back and try to take a holistic view of the situation.** Where relevant, is there more that can be done to address triggers for the problem or any general healthier behaviours that could help? For example reducing alcohol and increasing exercise. We refer more patients to the Newmarket Leisure Centre for exercise support for mental rather than physical health. There are some great resources at "How Are You" <https://hayeastcambs.co.uk/>
- 4. We have an excellent 'Social Prescriber' and other support workers who may be able to help with some of the social triggers** – for example accessing benefits or using appropriate resources in the village such as the Day Centre or craft or activity groups.
- 5. We can recommend a range of self-help resources if appropriate.** For example the local mental health team have produced a series of self-help videos <https://www.cpft.nhs.uk/self-help-videos/> for depression and anxiety and there are also very good national self-help guides at <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>
- 6. In some cases more formal talking therapy might be appropriate.** There are a number of local services available for self-referral, including Cognitive Behavioural Therapy on the NHS for adults <https://www.cpft.nhs.uk/self-referral/> and Centre 33 for young people up to 25 <https://centre33.org.uk/help/how-to-get-counselling/>
7. We may recommend starting medication in some cases at the practice and offer you support from the practice.
8. Sometimes we will refer you for specialist advice and support from our specialist mental health services. This will depend on the condition and the severity.

### Organisations that can help locally or nationally

There are many organisations that can help you depending on the particular problem that you are facing. Some of the common ones that we sign post to from the Surgery are:

## IN BURWELL

**Burwell Day Centre:** <http://www.burwell.co.uk/daycentre/index.asp> which hosts a **Pop-Up Pantry** on Fridays from 2-3pm and Wednesdays as advertised (<https://www.facebook.com/people/Pop-Up-Pantry-at-Burwell-Day-Centre/61554966591075/>) as well as regular visits from **Citizens Advice** (<https://www.cambridgecab.org.uk/>)

**Burwell Carers:** At the surgery we work closely with Burwell Carers to help coordinate support for carers <https://www.caringtogether.org/carers-directory/burwell-carers/>

## IN THE LOCAL AREA AND NATIONALLY

**How Are You East Cambs:** <https://hayeastcambs.co.uk>

### Counselling:

- NHS (adults): <https://www.cpft.nhs.uk/self-refer-here/>
- Centre 33 (young people up to 25): <https://centre33.org.uk/help/how-to-get-counselling/>
- Private: <https://www.bacp.co.uk/search/Therapists>

### Support with occupational (work related) mental health issues:

<https://www.richmondfellowship.org.uk/services/cambridgeshire-employment-service/>

**MIND Cambridge:** for example for support with personality disorders and anger management <https://www.cpslmind.org.uk/>

**Eating disorders:** <https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/>

**Dementia support:** <https://www.alzheimers.org.uk/support-services/Cambridge%20Local%20Services/Dementia%20Connect%20Cambridgeshire/regional>

**Autism support:** <https://www.autism.org.uk/what-we-do/branches/nas-cambridge-branch>

**Red2Green (local charity, based in Bottisham, supporting adults with autism):** <https://red2green.org/>

**NEXT MEETING OF THE PPG:** 6.30pm, Tuesday 15<sup>th</sup> October at Burwell Day Centre – all welcome. If you would be interested in finding out more about the PPG please contact [admin.burwellsurgery@nhs.net](mailto:admin.burwellsurgery@nhs.net)