

## **LAMBETH PRIMARY CARE PSYCHOLOGICAL THERAPIES SERVICE**

March 09 v9

This leaflet is about our Primary Care Psychological Therapies Service, and to let you know how to arrange your first appointment. You can be referred by your GP.

### **What is the Lambeth Primary Care Psychological Therapies Service?**

- The Psychological Therapies Service works with adults who have common psychological problems including depression, stress and anxiety.
- Therapy is provided by Primary Care Mental Health Workers and Clinical and Counselling Psychologist staff with specialist training and experience.
- The Service offers a range of psychological therapies, mainly Cognitive Behaviour Therapy (CBT).

### **How do I get a consultation appointment?**

If you would like an appointment, please telephone us on **0203 228 6747** (9-5pm We can call you back). If we do not hear from within 3 weeks of being referred by your GP you will be discharged from our service.

Before you call, can you fill in the attached questionnaires (see below - the PHQ and GAD) and have these with you when you call. Please be aware that this call may take 15 minutes. If you leave a message please say what day and time you will be available for us to call you back.

Please remember:

- You will only be offered an appointment if you ring to ask for one
- If you cannot keep your appointment you should phone to cancel or re-arrange, giving us at least 48 hours notice. This allows us to offer the appointment to someone else
- If you miss your appointment and do not ring to cancel beforehand, you will not be offered another appointment.

We do not offer an emergency service. If you are in crisis and need urgent help please contact either your GP, or attend the Accident and Emergency Department of your local hospital (24hrs).

If you have any questions you would like to ask us, please contact us on the number above.

We look forward to hearing from you soon.

**Please visit [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) for any advice/information whilst awaiting your appointment.**

## Questionnaires

Please fill in and have them with you when you ring us for an appointment.

**PHQ-9**

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

**Please circle to indicate your answer:**

	<b>Not at all</b>	<b>Several days</b>	<b>More than half the days</b>	<b>Nearly every day</b>
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 tv	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
<b><u>Add up your total score:</u></b>				

**If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?**

<b>Not difficult at all</b>	<b>Somewhat difficult</b>	<b>Very difficult</b>	<b>Extremely difficult</b>
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**GAD-7**

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

**Use “X” to indicate your answer**

	<b>Not at all</b>	<b>Several days</b>	<b>More than half the days</b>	<b>Nearly every day</b>
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
<b><u>Add up your total score:</u></b>				

Thank you for filling in these questionnaires. Please have the answers with you when you call us for an appointment on 0203 228 6747 (9-5pm). If you are happy to be contacted by email, please tell us your email address when you call.