

EAST AYRSHIRE

Health & Social Care
Partnership




Mental Health Practitioners

East Ayrshire Mental Health Practitioners (MHPs)


Information
for you



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The MHP is a Mental Health professional who works within family doctor (GP) practices. They offer assessment and provide guidance for adults who are experiencing mental health difficulties.

Aim

The aim is to ensure that people who may be struggling with a change/deterioration in their mental health, receive a prompt, specialist mental health assessment. This is carried out locally within your own GP surgery.

MHPs also provide guidance to learn how to self-manage difficulties or signpost/ refer to appropriate support.

Who is this service open to?

The service is available to anyone aged 16 years and older with a mental health concern and not currently receiving treatment from NHS Mental Health Services.

How can I make an appointment with the MHP at my GP surgery?

You can call your GP and request an appointment by explaining your current needs.

You can also be given an appointment following discussion with your GP, practice nurse, advanced nurse practitioner, health visitor or any other clinical staff attached to the surgery.

Appointments are offered Monday to Friday.

What can I expect from the MHP?

You may receive a telephone call in the morning to briefly discuss what you have been having difficulties with. Following this you are likely to be offered a further detailed appointment with the MHP to further assess your mental health needs. This appointment can last up to 30 minutes and can be a:

- Face to face appointment in your GP surgery
- Telephone appointment if you are unable to travel to the surgery or feel unable to do so
- Video Link appointment using NHS Near Me Video Consulting

Following this assessment the outcomes may include:

- Signposting/ referral to potentially useful online/ self-help resources
- Referral or signpost to the most appropriate service, such as: NHS Adult Community Mental Health Services or a relevant third sector or voluntary organisation
- The MHP may ask you to return for a review appointment. This will be to further assess your needs and help you to manage your difficulties more effectively.

Where are the Mental Health Practitioners based?

The MHPs are based within all GP Practices in East Ayrshire:

- Riverside Medical Practice – Patna
Telephone: 01292 532500
- Dalmellington Health Centre – Dalmellington
Telephone: 01292 550238
- Taiglum Medical Centre – Drongan Telephone: 01292 591345
- Valley Medical Practice – New Cumnock
Telephone: 01290 338242
- Tanyard Medical Practice – Cumnock and Muirkirk
Telephone: 01290 421157
- Auchinleck Surgery – Auchinleck
Telephone: 01290 42471
- Ballochmyle Medical Group – Mauchline and Catrine
Telephone: 01290 456001
- Loudoun Medical Practice – Darvel and Newmilns
Telephone: 01560 320205
- Galston Medical Practice – Galston
Telephone: 01563 820424
- Portland Road Surgery – Kilmarnock
Telephone: 01563 522118

- Portland Medical Practice – Kilmarnock
Telephone: 01563 522411
- Old Irvine Road Surgery – Kilmarnock
Telephone: 01563 522413
- Stewarton Health Centre – Stewarton
Telephone: 01560 486784
- Crosshouse Medical Practice – Crosshouse
Telephone: 01563 521506
- The Wards Medical Practice – Kilmarnock
Telephone: 01563 526514
- Marnock Medical Group – Kilmarnock and Kilmaurs
Telephone: 01563 523593

What about confidentiality?

Your health records contain information about your health and any care or treatment you receive. These records are stored securely on computer. Following your appointment, the MHP will add to your health records to keep an up-to-date record. In certain circumstances we may be required to share your information with other professionals and agencies. Your consent would be sought if a request to share information was made, unless impossible due to urgency and necessity.

You can get further information about your rights from Health Rights Information Scotland at:
www.hris.org.uk / www.nhsaaa.net

If support is required in crisis out of hours, call NHS 24 on 111.

Other useful numbers

The Samaritans on 08457 90 90 90

Breathing Space on 0800 838 587

Advocacy Services

North Ayrshire – 01294 608664

South Ayrshire – 01292 264396

East Ayrshire – 01563 574442

Your suggestions and comments about the Mental Health Practitioners are welcomed.

Please contact:

Team Leader

The Johnnie Walker Bond

Strand Street

Kilmarnock

KA1 1JB

Telephone: 01563 503305



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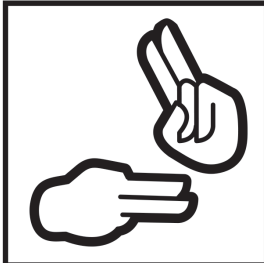
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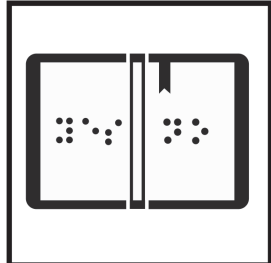
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