

Andover Primary Care Mental Health Service

Improving support for mental health and well-being within Andover



This is a new service for patients aged 16 years and over who are registered with one of the Andover GP surgeries. We offer increased support for your mental health needs.

We are a GP-led, multi-disciplinary team from a variety of backgrounds.

We understand that the current COVID-19 pandemic has resulted in increased anxiety, financial stress and isolation and are able to offer telephone support, counselling and advice at this difficult time.

The team consists of:

- Two **lead GPs** who over-see the service and offer clinical advice.
- **Well-being practitioners** who can help assess your needs, give advice, signpost you to local groups and services, and offer counselling/support.
- A **psychological therapist** who can offer short-term, focused psychological (talking) therapies.
- A **peer support worker** who can give ongoing support.
- We have support from a **psychiatry consultant** and an experienced **community psychiatric nurse**.

- We are expanding our team in April to include a mental health focused **Occupational Therapist (OT)**.
- We have close links with social care, housing and voluntary agencies.

Referral to the service is quick and easy and can be arranged by any member of the practice team. You can then book an initial telephone appointment with one of our Well-being practitioners.

Follow up/support will be offered with the most appropriate member of the team.

The service works with your GP surgery and you will remain under the care of your GP who will be fully informed about your care.

Data sharing

Your GP clinical record will be accessed by Andover Primary Care Mental Health Service. Your demographic details will be used for booking purposes and anonymised data regarding clinical outcomes may be used for service monitoring and improvement.

Comments/complaints

If you have any comments or complaints about the service, please contact your surgery's Practice Manager who will forward these on to the relevant team member.

