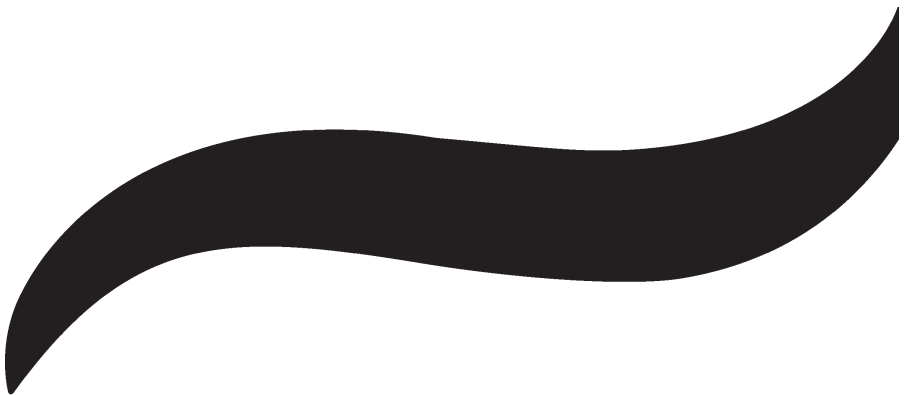




# Adult Community Mental Health Team (CMHT)

Information for patients



Welcome to Cumbernauld and Kilsyth Adult Community Mental Health Team.

This leaflet aims to provide you with the answers to the common questions that people ask when they have been referred to a Community Mental Health Team.

## **WHAT WE DO**

The CMHT provides assessment, care and treatment for people who experience moderate to severe mental health difficulties. We also provide information and advice for Carers of people accessing our service.

We provide care in Health Centres; people's homes and community facilities such as community centres.

The CMHT is staffed by:

- ❖ community mental health nurses
- ❖ social workers
- ❖ occupational therapists
- ❖ psychiatrists
- ❖ psychologists
- ❖ support workers
- ❖ administrative staff

## MENTAL HEALTH ASSESSMENT

You will be invited to attend an appointment with a member of the team who will assess your mental health needs. You may wish to bring a family member/advocate to this appointment.

It is important for us to know if you are the parent or guardian for any children as they can also be offered support if required.

### Following Assessment

- ❖ Appropriate treatment options available will be discussed
- ❖ A treatment plan will be agreed with you
- ❖ You may be referred to other specialist services or support agencies
- ❖ We may provide you with advice and guidance on self-management and other support services which may be third / voluntary sector or self-help peer support groups

## CARERS

People who give regular support may be described as carers. They may be family members or friends. They will be anxious to know how you are and how they can support your care. It is helpful for us to know who they are and for us to talk to them to give them general information with your consent.

Carers may also need support themselves and they are entitled to what is called a Carers Assessment. For more information on carers rights please refer to The Carers (Scotland) Act 2016. You can find more information in the Care, Support and Rights Section of NHSinform at: **[www.nhsinform.scot](http://www.nhsinform.scot)**

## **ACCESSING THE SERVICE**

Most people are referred to the CMHT through their GP; however, you may be referred through the Emergency Department at your local hospital if you have presented there in crisis.

## **WHEN IS THE SERVICE AVAILABLE?**

Our service is available:

**Monday to Friday: 08:30hrs – 18:30hrs**

**Saturday and Sunday: 08:30hrs – 16:30hrs**

**(Public holidays: 08:30hrs – 16:30hrs)**

## **ATTENDING ARRANGED APPOINTMENTS**

It is important that you attend your appointments or are at home for your arranged appointment. If you cannot come to your appointment or will not be home, please contact us to let us know on Tel No: 01698 755011.

Should you miss your initial appointment you will be offered a second one. Non-attendance for both appointments may result in discharge from the service.

If you are already engaged in treatment and miss appointments, you may be discharged from the service.

Please contact us before your appointment if you require additional support such as an interpreter or someone to sign for you if you are deaf.

## **SMOKING**

You are not permitted to smoke in any of the NHS buildings and grounds. Please do not smoke before a home visit.

## **MENTAL WELFARE COMMISSION (MWC)**

The MWC is interested in matters concerning patient welfare, for example, if you are detained under the Mental Health (Care & Treatment) (Scotland) act 2003. For further information, you can contact them on:

Telephone: **0800 389 6809**

Or alternatively visit their website at:

**[www.mwscot.org.uk](http://www.mwscot.org.uk)**

## **CMHT CONTACT DETAILS:**

Cumbernauld and Kilsyth Adult Community Mental Health Team  
Central Health Centre  
North Carbrain Road  
Cumbernauld  
G67 1BJ  
Tel: 01698 755011

## **FURTHER HELP, SUPPORT AND INFORMATION RESOURCES**

Call NHS 24 on 111 if you are unwell and need to talk to someone before your GP or CMHT reopens. You will get advice depending on your symptoms.

If you consider this a medical emergency call 999.

All 111 or 999 calls are free from UK landlines and mobile phones.

- ❖ Visit the NHS 24 website:
- ❖ [www.nhs24.com](http://www.nhs24.com)

Choice and Medication as a resource for patients (<https://www.choiceandmedication.org/nhs24/>).

## **NHS LANARKSHIRE SERVICE**

If you need this leaflet in another language or format, please contact the NHS Lanarkshire General Enquiry Line.

General Enquiry Line - **0300 3030 243**

The General Enquiry Line is open Monday to Thursday, 9am to 5pm and 9am to 4.30pm on a Friday – with an answer phone to collect calls out with these hours.

The General Enquiry Line provides a comprehensive information service and first point of contact for general telephone enquiries from members of the public, patients, relatives, carers and all staff groups.

**[www.nhs.lanarkshire.org](http://www.nhs.lanarkshire.org)**

Elament - Lanarkshire's first stop for online mental health and well-being resources providing information for people seeking assistance with mental health issues. [www.elament.org](http://www.elament.org)

Breathing Space - is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. Helpline number: **0800 83 85 87** [www.breathingspace.scot](http://www.breathingspace.scot)

Opening hours: Weekdays: Monday - Thursday 6pm to 2am

Weekend: Friday 6pm - Monday 6am

Samaritans - can listen and help you to work out the right kind of support you need if you are feeling depressed.

Tel: **0116 123 (24 hours)**

[www.samaritans.org](http://www.samaritans.org)

### **Lanarkshire's Hospitals**

University Hospital Hairmyes

Eaglesham Road

East Kilbride

G75 8RG

Tel: **01355 585 000**

University Hospital Wishaw

50 Netherton Street

Wishaw

ML2 0DP

Tel: **01698 754100**

University Hospital Monklands

Monkscourt Avenue

Airdrie

ML6 0JS

Tel: **01236 748 748**

## CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk) or ask a member of staff for a copy of our Data Protection Notice.

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)

NHS Lanarkshire General  
Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.  
[Services@lanarkshire.scot.nhs.uk](mailto:Services@lanarkshire.scot.nhs.uk)



[www.careopinion.org.uk](http://www.careopinion.org.uk)

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