

# Good thinking

Talking therapies across Leicestershire and Rutland

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rethink

# Mental Health Facilitator Service

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# What is the Mental Health Facilitator Service?

The Service provides:

- Regular clinics in GP surgeries and home visits.
- Review of mental state and psychiatric medication.
- Appropriate evidence based interventions.
- Physical Health checks
- Flexibility, advice and assistance for non urgent assessments for those who do not meet the service criteria.
- Assessment and signposting to other services.
- Onward referral for Carer's services.

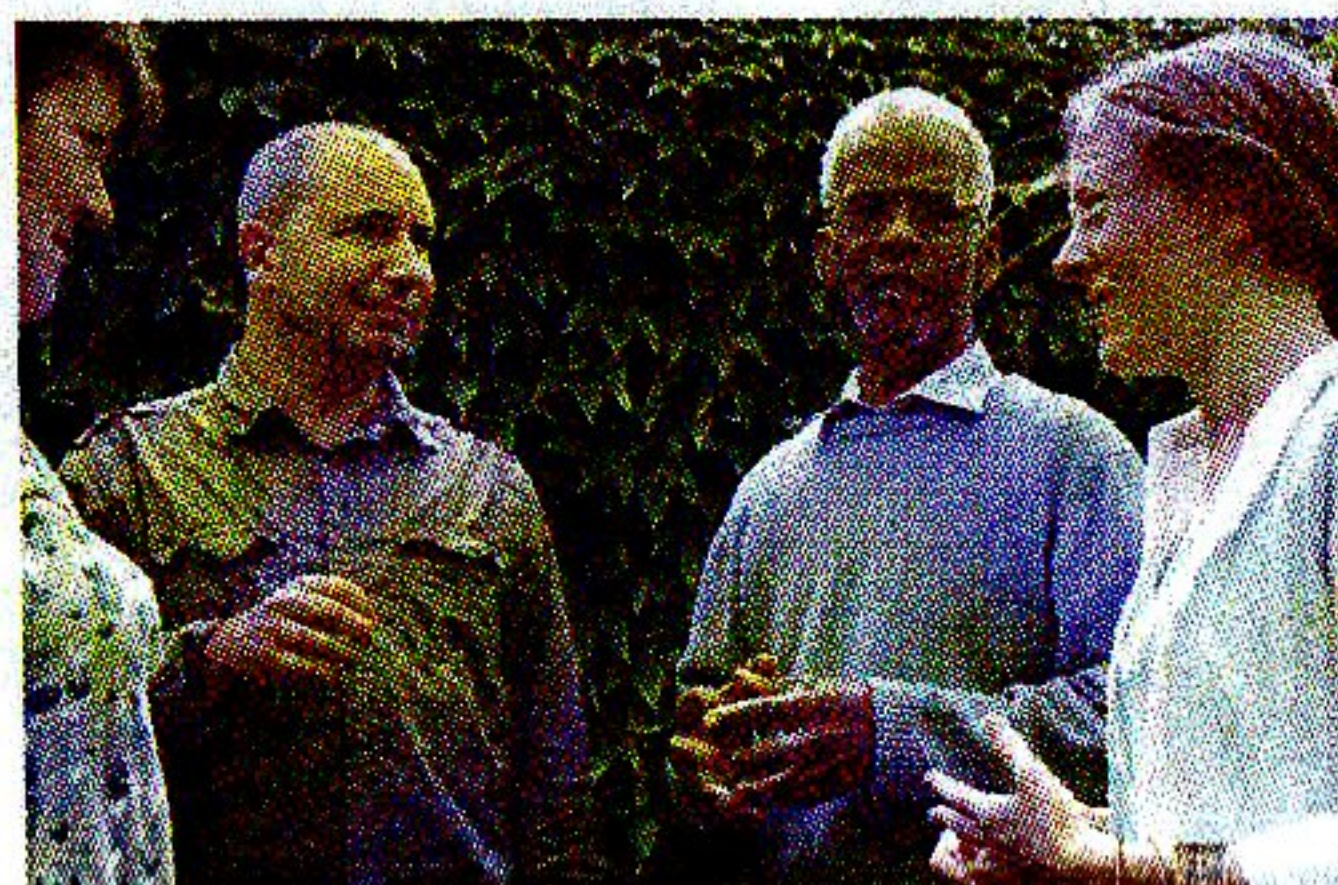
## What is a Mental Health Facilitator?

Mental Health Facilitators come from a variety of disciplines, namely Nursing, Occupational Therapy and Social Work.

We can offer evidence based assessments and interventions in order to provide a holistic service.

## Who can use this Service

- Adults aged 16 and over including older adults with a non organic condition.
- Diagnosis of psychosis, schizophrenia or bi polar disorder.
- Taking anti-psychotic medication.
- Adults prescribed Lithium.
- Adults who may be developing a severe mental illness.



## How the service works

- Everyone on the Mental Health register will be offered an appointment for an annual mental health review with facilitator attached to their surgery.
- The review will identify any social, occupational, psychological and health promotion needs. If under a CMHT, your facilitator will liaise with your identified worker or Consultant.
- Our aim is to help people access primary care services through encouraging attendance for physical health checks at least once a year.
- By promoting social inclusion and encouraging the use of community resources our aim is to assist the person in working towards their own recovery.
- If you would like to speak to your facilitator please contact your local surgery.

## Assisting the GP Practices

- Assist the GP in maintaining the Mental Health register.
- Offer support and advice for Primary Care Staff.
- Provide additional (mutually agreed) support for people who have been discharged from secondary care.
- Provide assessment for the people who are at risk of relapse and onward referral if appropriate.
- We are not able to provide a crisis service however we can offer advice and assistance when GP's are making referrals during service hours.
- We are able to provide assessment for people not on the Mental Health Register and signpost to the appropriate service.
- Advise on patients who no longer need to be on the register or may need to be offered mental health reviews.

