



Primary Care Mental Health Networks

Who we are?

We are a small team of specialist mental health professionals who are able to help with a wide range of mental health problems.

We work in close partnership with your GP surgery, the local authority and the Your-Health team.

We are an extension of the local community mental health team, focusing on primary care mental health provision in East Yorkshire.

There are a number of Primary care mental health networks aligned to different areas of East Yorkshire.

Our aims

Primary Care Mental Health networks aim to bridge the gap between GPs and Community Mental Health Teams so that people can get the support they need early, preventing them from becoming more unwell.

What we do

We work with anyone over the age of 18 suffering with low to moderate mental health difficulties.

We provide evidence based interventions, advice, guidance, support, treatment and sign-posting.

How we do it

We are a community based service which offer up to 12 weeks of support following assessment.

We work between the hours of 9am to 5pm Monday to Friday (not including bank holidays and weekends)

How do I refer to you?

Speak with your GP and staff in the surgery who will be able to make a referral to us if appropriate.

**SPEAK WITH YOUR GP SURGERY STAFF
ABOUT THIS SERVICE AND HOW TO REFER**

Visit our website and download brochure

www.humber.nhs.uk/Services/primary-care-mental-health-network-hull-and-east-riding.htm

or scan this QR code



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& Growing Together

