

PALMS is a new service run by Dundee Health and Social Care Partnership within NHS Tayside.

This service is now available in your GP practice.

Who is this service for?

- Anyone aged over 16 years who is experiencing mental health difficulties. Although not if diagnosed with dementia.
- Individuals aged 16-17 years who are not enrolled in school education.
- You are not currently seeing a mental health professional (e.g. psychologist, mental health nurse, or psychiatrist)
- You might be struggling with low mood, anxiety, self-esteem, distressing life events or other difficulties that you would like help with.

Symptoms and warning signs



Too much sleep or trouble sleeping



Trouble focusing or having racing thoughts



Changes in appetite



Isolating yourself from others or losing interest in things you once enjoyed



Irritability or having a short temper

How can I make an appointment?

- Speak to the GP practice administration staff who can help you determine if PALMS is the right Service for you.
- The administration staff will ask you a number of questions to decide if seeing a mental health specialist is right for you.
- You do not need to see your GP to make an appointment.
- The mental health specialist will aim to see you within 5 days of contacting the reception to make an appointment.



What happens during the appointment?

- Appointment lasts up to 30 minutes.
- You will be encouraged to talk about your difficulties.

What will be the outcome of the appointment?

- The mental health specialist will assess your difficulties and then they will:
 - Give advice around mental health coping strategies and self-help material.
 - Signpost to local community support services.
 - If appropriate, they will refer you to specialist services for further treatment.