

To find out if PALMS is the right Service for you please speak to the medical practice reception staff:

Telephone: 01382 731331

Please quote "Mental Health Specialist" or "PALMS"

Need to talk to someone prior to your appointment? You can contact these services for additional support:

Samaritans

Website: www.samaritans.org

Telephone number: 116 123

Opening hours: 24/7

Breathing Space

Website: www.breathingspace.scot

Telephone number: 0800 83 85 87

Opening hours: Monday – Thursday between 6pm to 2am
& Friday 6pm till Monday 6am

MENTAL HEALTH CRISIS

If you or a loved one is experiencing a mental health crisis, please contact your **GP to secure an emergency appointment**. If you require help **out of hours**, please call **NHS 24 on 111**.



NHS
TAYSIDE

Dundee
Health & Social Care
Partnership

Patient Assessment and Liaison Mental Health Service (PALMS)

Broughty Ferry Health Centre

Are you worried about your mental health?

Feeling overwhelmed or low and need to talk
to someone about seeking relevant support?

You can self-refer to PALMS for consultation



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



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.