

URGENT Mental Health Referrals to Midlothian Intensive Home Treatment Team (IHTT)

This service is for patients registered with a Midlothian GP and residing in Midlothian, aged 18 – 65 (and over 18 if out-of-hours).

The patient must:

- have been recently assessed face-to-face/and or telephone/video assessment by a GP or a mental health - informed practitioner
- be at significant risk of harm to self or others attributable to mental disorder or acute distress
- have had contributing acute physical health issues considered
- have evidence of mental disorder or acute distress not solely attributable to drug or alcohol intoxication:
 - Refer to Substance Misuse Services where drugs or alcohol are the main issue
 - If a social crisis, encourage to contact Mental Health and Resilience Service (MHARS).

MHARS (Mental Health and Resilience Service) provides same day self-referral access for anyone who resides in Midlothian – aged 18 – 65 and seeking support with their mental health and mental wellbeing. This service will work in partnership with Penumbra, offering crisis support, and or distress brief interventions. Telephone 0800 118 2962

Please consider that an appropriate primary care level of treatment has been tried prior to referral, at an appropriate dose and for an adequate duration, including non-pharmacological therapies.

If an urgent response from mental health services is required (within 24 hours), please phone IHTT to discuss. A telephone referral must always be followed up with a SCI Gateway referral. The Midlothian IHTT referral number for use by health professionals only to discuss potential referrals is: 0131 285 9624 or 0797 684 2093.

PLEASE PHONE MOBILE NUMBER AS FIRST CHOICE – LANDLINE IS NOT ALWAYS STAFFED.

If the patient needs to be seen soon but not urgently, please refer to CMHT via SCI Gateway, and then indicate whether you think the person needs to be seen within a WEEK or a MONTH.

IF IN DOUBT, PLEASE PHONE TO DISCUSS - 0131 285 9624 or 0797 684 2093 (or switchboard via 0131 536 1000).

HELPFUL NUMBERS AND SERVICES:

Health in Mind:

- Phone number 0131 225 8508 (non-urgent mental health support)
- Other services: [Services \(health-in-mind.org.uk\)](http://health-in-mind.org.uk)
- Breathing Space - 0800 838587
- Samaritans – 116123
- Substance Misuse Service (SMS) 0131 660 6822
- Alcoholics Anonymous (AA) 0800 9177650
- CRUSE – 0845 600 2227
- MELD - 0131 660 3566