

# MidLothian Services Summary

Quick guide to treatment options for mild to moderate depression-Midlothian

<p>Patient Information booklets</p> <p>Hard copies available from Lothian Health Promotion Library</p>	<p>These cover a wide range of mental health difficulties including low mood and depression, anxiety, panic, sleeplessness, controlling anger and bereavement issues. They vary in content from giving basic information to using simple self-help techniques to improve mental health. Electronic versions can be downloaded from RefHelp. Patients can download copies from <a href="#">Health in Mind</a> <a href="#">More info.....</a></p>
<p>Book Prescribing Scheme</p> <p>Available via all libraries. Membership of libraries not necessary.</p>	<p>A list of recommended books and other resources are available for people who prefer to explore self help by themselves. The main areas of mental health difficulties are covered, including depression and anxiety - using cognitive behaviour therapy (CBT) techniques.</p> <p><a href="#">More info.....</a></p>
<p>Computerised CBT</p> <p><a href="http://www.livinglifetothefull.com">www.livinglifetothefull.com</a></p>	<p>This free website is supported by the NHS and offers a basic CBT programme as well as giving much general information about anxiety and depression. It also offers online support. <a href="#">More info....</a></p>
<p>Guided self help</p> <p>GP Referral</p>	<p>This involves 1:1 guidance on self-help CBT materials, given usually over 3 or 4 sessions, for those with mild to moderate depression or anxiety. <a href="#">More info....</a></p>
<p>Exercise referral scheme</p> <p>GP Referral</p>	<p>This involves an initial 1:1 consultation with a specialist exercise worker to establish a 12 week exercise plan, for people with mild to moderate depression or anxiety who are not active, but might benefit from regular exercise.</p> <p><a href="#">More info...</a></p>
<p>Stress control classes</p> <p>Self referral</p>	<p>These are free 6 week evening classes held in different venues around Edinburgh, including Midlothian and are for anyone wishing to learn techniques to control stress.</p> <p>Information about future courses and how to book a place can be found on</p> <p><a href="http://www.nhslothian.scot.nhs.uk/stresscontrol">www.nhslothian.scot.nhs.uk/stresscontrol</a> or <a href="http://www.midspace.co.uk">www.midspace.co.uk</a></p> <p>Midlothian's Mental Health &amp; Wellbeing website <a href="#">More info....</a></p>
<p>Counselling</p> <p>Self referral</p>	<p>This is generally a 1:1 therapeutic relationship which may involve a variety of different psychological approaches. For further information on what counselling entails:</p> <p><a href="#">Health in Mind</a> and local services <a href="#">Midspace</a></p>

## Midlothian - Exercise referrals

### Exercise referral scheme - Midlothian Active Choices

#### Who is the service for?

Midlothian Active Choices is a physical activity referral project for sedentary adults aged 18 and over, who have either a BMI over 30 and/or mild to moderate mental health problems.

#### What does the service offer patients?

The project coordinator will meet patients for a one-to-one consultation to discuss goals and create an activity action plan.

The action plan will be for 12 weeks and can include a range of activities based in a leisure or community setting, such as walking, swimming, yoga, dance, gym and cycling and more.

Patients will be entitled to an Access Card for the 12 week programme which will give them access to leisure centre activities for £1 per activity. Activities in the community setting, such as Ageing Well activities are either free or £1 per activity.

Patients will be regularly followed up and their action plan goals reviewed with the project coordinator.

#### How to refer?

Send completed [referral form](#) to the coordinator or refer via SCI Gateway

Give patient the A4 "[Briefing sheet](#)"

[GP information leaflet](#)

#### Key contact for this service:

[Isabel Lean](#) This e-mail address is being protected from spambots. You need JavaScript enabled to view it

Midlothian Active Choices Coordinator

Penicuik Town Hall

33 High Street

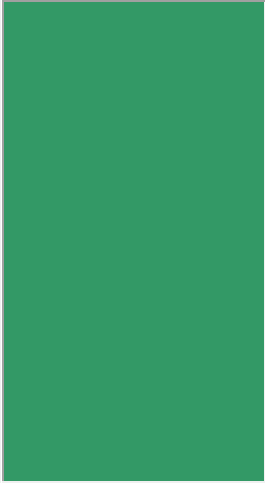
Penicuik

EH26 8HS

Tel: 01968 664 080

## Midlothian - Treatment options for mild to moderate depression

<p>Services for mild to moderate depression</p>	<p>Matched care for depression</p> <p>The matched care model for the treatment of depression has been developed across Lothian. This model provides a range of evidence based interventions that aim to match appropriate treatments to the severity of the patient's depression. Treatment options for mild to moderate depression form part of the overall Lothian integrated care pathway for depression.</p> <p>Lothian integrated care pathway for depression</p> <pre> graph TD     A[Depression suspected or patient in high risk group] --&gt; B[Use of screening questions by GP]     B -.-&gt; C[1. During the last month, have you often been bothered by feeling down, depressed or hopeless? 2. During the last month have you often been bothered by having little interest or pleasure in doing things? 3. Is this something with which you would like help?]     B --&gt; D[If Yes to 1 or 2 [and 3]]     D --&gt; E[Clinical assessment: aided by measure (PHQ-9 or HADS) to establish diagnosis]     E --&gt; F[No depression]     E --&gt; G[mild / moderate depression]     E --&gt; H[moderate / severe depression]     E --&gt; I[High risk Depression with psychotic symptoms or high risk of suicide, self-harm, severe neglect, social isolation or harm to others]     F --&gt; F1[use clinical judgement &amp; consider exit from pathway]     G --&gt; G1[see mild to moderate depression treatment options]     H --&gt; H1[moderate to severe treatment options]     I --&gt; I1[Consider referral to specialist mental health service]     </pre> <p><b>For Mild depression</b> Do not prescribe antidepressants- consider Watchful waiting, give information about lifestyle advice, self help material, book prescribing or signpost to relevant organisations</p>
<p>Who to refer</p>	<p>See treatment options</p>
<p>Who not to refer</p>	<p>See treatment options</p>
<p>How to refer</p>	<p>See treatment options for how to refer to specific services</p>
<p>Treatment options for mild to moderate depression</p>	<p><a href="#">Midlothian Mental Wellbeing Access Point</a></p> <p><a href="#">Quick guide to treatment options</a></p> <p><a href="#">Patient information booklets</a></p>



[Book prescribing](#)

[Computerised CBT](#)

[Guided self help service](#)

[Exercise](#)

[Stress control classes](#)

[Counselling](#)

[Living Life: telephone based Cognitive Behavioural Therapy](#)

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## [Midlothian - Book Prescribing](#)

### Healthy Reading - Midlothian

Research has suggested that the best self help books can produce results comparable to drug therapy or psychotherapy. Most of the self help resources that have been subjected to clinical trials and have shown to be effective are based on Cognitive Behavioural Therapy (CBT). Many of these resources have been written by lead clinicians in the field and are adaptations of well established clinical treatments. They present complete, step by step, self help treatment programmes that the reader can work through independently.

#### Who is the service for?

The Healthy Reading scheme is for adults with mild to moderate mental health problems. It may not be suitable for those with limited motivation or limited literacy. However, other resources such as audio CDs and DVDs are available via the scheme.

Patients are able to access the appropriate resource to help deal with a range of conditions such as low mood, anxiety, anger and bereavement.

#### How to 'prescribe' a book or other resource

A prescription for any of the available books, CDs or DVDs can be generated via the link below (requires you to be logged into RefHelp). Patients can take the prescription to any library and obtain the resource. The prescribing form will indicate the appropriate book(s) or other resource depending on the patient's condition. It is possible however for patients to obtain the item from the library without a prescription.

#### ["Prescribe" a book](#) or other resource

[Healthy Reading Midlothian](#) booklet gives an overview of the resources currently available.

[Prescribers' information booklet](#) gives more detail about benefits of book prescribing, who may benefit and the resources available.

## Midlothian - Guided Self Help

### Guided Self Help

#### **Who is the service for?**

The service will see people who have a diagnosis of mild to moderate depression, anxiety, stress or insomnia. People must have a score of 15 or less on the PHQ9 and GAD7. A high score is contra-indicative for this intervention.

Please note: Our waiting list is currently less than 2 weeks to first appointment.

#### **What does the service offer patients?**

The service is run by trained workers who receive clinical supervision, using cognitive behavioural therapy based workbooks and homework.

The patient's first assessment appointment will last about an hour.

Usually up to three 40-60 min sessions will then be offered (usually a few weeks apart) to review their progress.

#### **How to refer?**

Please discuss the option with your patient and assess whether they are able to engage and are motivated to use the service. Please use the [Patient Information](#) sheet to discuss the option with them;

Patients must complete both a [PHQ9](#) and a [GAD7](#);

Complete the service [referral form](#); and include the PHQ9 and GAD7 scores and send (post or fax) to the service

Patients will then be contacted directly

Please note: we cannot accept forms without scores

Key contact for this service:

Midlothian Guided Self Help team

Health in Mind

40 Shandwick Place

Edinburgh

Tel: 0131 225 8508

Fax: 0131 220 0028

Email: [guidedselfhelp@health-in-mind.org.uk](mailto:guidedselfhelp@health-in-mind.org.uk) This e-mail address is being protected from spambots. You need JavaScript enabled to view it

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

Registered charity number: SC004128

## Midlothian Wellbeing Access Point (MWAP)

Access Point leaflets: [A4 easy-print leaflet](#)

Sign-posting leaflet for GPs: [Midlothian mental health options leaflet](#)

From August 2016, access to psychological therapies in Midlothian is via the Midlothian Wellbeing Access Point.

This is an open access service and a referral is not required. Patients should be given a copy of the [MWAP leaflet](#) and asked to attend one of the Access Point sessions. GPs can continue to use SCI Gateway if a direct referral is more clinically appropriate.

The Access Point is for adults aged 18 to 65 only. Please continue to make referrals to CAMHS for under 18s and Old Age Psychiatry (psychology) for over 65s. All referrals for adult mental health psychiatry should continue to be made via SCI Gateway.

Please note that the Access Point is NOT a crisis service. All referrals for urgent mental health problems should continue, as usual, via the Intensive Home Treatment Team (0131 660 5444) or consultant psychiatrists.

Before signposting to the Access Point please consider whether another intervention would be more appropriate and, if so, signpost directly to that service. Examples include self-help materials, Guided Self-Help, Healthy Reading, Stress Control, Midlothian Active Choices and various non-statutory services (see link to [mental health options leaflet](#) above).