

**How to contact the Mental Health Specialist Practitioner:**

**Lisa Surgey and Claire Bashford**

**Mental Health Specialist Practitioner**

**Throughcare and Aftercare**

**329 High Street**

**EDINBURGH**

**EH1 1PN**

**0131 529 6400**



**Mental Health Specialist Practitioners**

**Throughcare and Aftercare**

**Improving the Mental Health and Well-being of Young people aged up to their 21<sup>st</sup> birthday and who are eligible for Throughcare and Aftercare services.**

**Referrer's Guide**

### **Referral Criteria:**

- A young person that were looked after or accommodated and eligible for Throughcare and Aftercare in Edinburgh that are presenting signs of mental ill health such as depression, hearing voices, eating disorders, bi-polar, extreme mood swings and psychotic features.
- Further examples could also be - anxiety, panic attacks, self-harm, suicidal ideation, anger management, low mood, shyness/social isolation, alcohol and drug issues to name a few
- The young person you are working with should also range in age from school leaver's age to their 21<sup>st</sup> birthday.
- Mental health issues that are affecting the young person's physical and emotional presentation which is impacting onto their daily life and functioning which is impairing their future progression within their lives.

It is important to note that if you are unsure whether it is appropriate or not to make a referral, then please phone either practitioner's to have a consultation prior to making the referral.

### **What we offer:**

- Offer 1:1 mental health and well-being support.
- Support the young people to understand their feelings and how to cope with them.
- Support the young person to put in place positive coping strategies.
- Give them space to openly talk about how they are feeling without being judged.
- Provide workshops for young people and their peers around positive mental health and well-being e.g. anxiety, stress and self-harm workshops.
- Promote healthy relationships including sexual health.
- Drug and alcohol harm reduction information.
- Refer them onto other services appropriate to their needs.
- Linking in with the health section of their Pathway Plan.
- Being a point of contact for the young person, their family and their carers for advice or information on a variety of mental health and well-being topics.
- We will always seek the young person's consent to share information with other workers and family/carers.
- We aim to provide a quick response service to your referral.

### **How to refer the service:**

- You can obtain a referral form electronically either by contacting Lisa and Claire directly or through the TcAc downloads on the council website and send it to them via e-mail. Paper copy also available. Or referrals can be taken over the phone.

Or

- Referrals can be taken directly from the young person after a consultation with either mental health practitioner.