

Islington Practice Based Mental Health Service REFERRAL CRITERIA & GUIDANCE

The Islington practice based mental health team works in liaison with the patients' GP to ensure joint, collaborative working that is coordinated by the GP.

Our service is a pan-diagnostic service. We provide specialist mental health support to adults (18 yrs+) who are registered with an Islington GP practice and who are experiencing significant mental health problems that are affecting their functioning.

We will accept referrals for adults with any type of mental health condition. This includes, but is not exclusive to:

- Depression when non-response to pharmacological and psychological treatments in primary care/iCope has been ineffective or there is a significant risk of harm to self or others
- Anxiety related disorders when treatment has been ineffective in iCope/primary care and/or severe functional impairment is apparent
- People with chronic or severe mental illness for whom specialist services are not currently appropriate (clusters 4-8 and 11)
- People with a personality difficulties or diagnosis of personality disorder but who are not managed by local PD services
- People with medically unexplained symptoms (MUS)
- People with an eating disorder who do not meet the criteria for referral to specialist eating disorder services (BMI>17.5)

Majority of our referrals come directly from Islington GPs. However referrals will also be accepted from other sources and professionals if the patient is registered with an Islington GP practice. This includes referrals from other primary care based services (e.g. PCADS and iCope) and other agencies including, but not limited to adult social services, other primary care partners, local authority housing, housing associations and London ambulance service (LAS).

How to refer?

- Referrals are currently accepted by email only at the team NHS mail address at cim-tr.PBMHS@nhs.net – a referral form is available for formal referrals to the team
- All referrals must meet the eligibility criteria
- The referrer must inform the patient they are being referred to the PBMH service

Eligibility Criteria

- People over the age of 17.5 years at the time of the referral being received -
There is no upper age limit for referrals
- Registered with an Islington GP practice
- People with significant mental health problems affecting their functioning

Exclusion Criteria

- GP practice not in Islington
- The person is under 17.5 years
- Referrals for crisis care
- People whose primary problem is substance abuse (drug and alcohol issues) and there is no evidence of co-morbid mental illness
- People under the care of secondary mental health services provided by the Trust. In these instances the referrer will be advised to make contact directly with appropriate Trust service

How to contact us

Islington Practice Based Mental Health Team

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St Pancras Hospital
4 St Pancras Way
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Email: cim-tr.PBMHS@nhs.net

Tel: 0203 317 7513

Website: www.candi.nhs.uk