The core hours are Monday to Friday from 9am to 5pm. If you need support outside of these times, our staff do work flexibly within the community to meet individual needs.

“My life was a mess but now I’m more in control”

Referrals

To access the service you will need to be referred by your GP.

NB if you require help from our early interventions in psychosis service, you can refer yourself by calling:

- Boston: 01205 318075
- Gainsborough: 01427 610866
- Grantham and Sleaford: 0303 123 4000 (charged at local rate)
- Lincoln: 01522 568290
- Louth: 01507 608959
- Skegness: 01754 610509
- Spalding and Stamford: 0303 123 4000 (charged at local rate)

If you need this leaflet provided in an alternative language, large print, Braille or audio, please contact the Trust’s communications team on the email address below:

Email: communicationslpft@lpft.nhs.uk

Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date.

Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

The Trust is fully compliant with the Data Protection Act and the NHS Code of Conduct.

Safeguarding is everyone’s business. To get help for someone at risk of abuse or harm, contact the Lincs safeguarding unit

Children: 01522 762 111
Adults: 01522 762 155

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Our Community Mental Health teams provide care for people who are recovering from an on-going mental health problem. You may be referred to this service if you have or may have a severe or long term mental illness.

“At last I found a doctor that would listen to me”

Our teams can offer you support in your own home. The teams are staffed with:

- Administrative support staff
- Community psychiatric nurses (CPNs)
- Counsellors
- Occupational therapists
- Psychiatrists
- Social workers
- Support workers

Team members work closely with our psychology services

A specialist team supporting excellent physical & mental health in the community

How it will help me

We offer time limited support using the Care Programme Approach (CPA) to help you to achieve planned goals that we will work with you to develop.

Discharge is an integral part of the recovery process and where appropriate we provide a Fast Track programme, (refer to leaflet, Fast Track; a guide to service users), to support your continued recovery.

“The team were there when I needed help most”

Each person’s medical, social and personal recovery is supported by:

- CBT based clinical and family work, both individually and in therapy groups
- Risk assessment and management
- Medication initiation and management
- Physical health and wellbeing support
- Relapse prevention
- Wellness Recovery Action Planning (WRAP).

Where required we can help you to access personal budgets, employment and education support, social activities and community integration and carer support and education.

“My CPN really understands where I’m coming from”

All our teams work closely with other local mental health services such as the Crisis and Home Treatment teams as well as the SHINE and Lincolnshire’s Managed Care Network of voluntary and community organisations.

We work closely with your referrer at all stages of your recovery.