

Mental Health and Wellbeing Nurse:

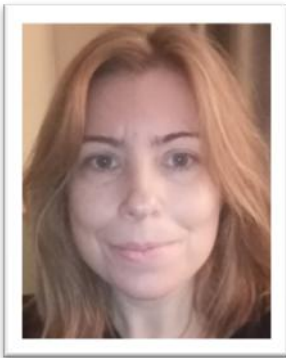
Information about **who I am** and what **I can help** you with



Your mental health and wellbeing matters...

How are you?

Who I am:



My name is Ruth.

I'm a registered mental health nurse based in your GP surgery offering mental health and wellbeing advice and support.

After chatting with you I may be able to offer suggestions on ways to improve your wellbeing, which can be affected by lots of different things!

Things that can impact your mental health...



Social: How are your relationships with family, friends and your community?



Financial: Are you worried about money?



Physical: Are you feeling good about your physical health?



Environmental: How is your living space?
Are you managing to get outdoors?



Occupational: Are there activities in your life that make you feel good?

Who is this service for?



- Anyone over the age of 16 and has left school
- People who live in South Perthshire and are registered at their local GP surgery
- People not currently receiving support from any other Mental Health Service

What happens at the appointment?

- I will see you here at the surgery
- You will be asked to complete a short questionnaire before your appointment – I can help you with this during the appointment if you would prefer.



- Your appointment will last up to 40 minutes



What will happen during the appointment?



We can talk about a lot in 40 minutes.

I hope by working with you to identify your difficulties we can begin to seek solutions.

I do this by giving you support and looking at what might be helpful. This may include:

- Advice around mental wellbeing self help, i.e. experiencing low mood or anxiety.
- Help making links in your community.
- Help to access services.
- Learning opportunities.
- Practical advice, in all areas of your life. i.e. work, money, relationships.



How to make an appointment:

Speak to reception staff to make an appointment.

I look forward to meeting you

hello

South Perthshire Community Mental Health Team

Developed: 07/2020 Review: 07/2022 LN1242(a)