

Referrals to Barnsley Mental Health Services

**Low Risk
Complexity**

Common Mental Health Disorders
(Depression, Panic Disorder, Agoraphobia, OCD, Health Anxiety, Phobias, Social Anxiety, PTSD, Body Dysmorphic Disorder)
Risk:

- Low risk - able to wait for appointment within 2 weeks
- Motivated to engage in treatment
- Reasonable levels of functioning

Refer or ask client to self-refer to **Improving Access to Psychological Therapies (IAPT) / Mental Health Access Team (MHAT)**
(01266) 644900

**Common Mental Health Disorders
Severe Mental Illness**
Risk:

- Moderate to high risk (same day and routine referrals)
- Difficult in engaging with services
- Complex presentation or chronic history of mental health problems
- Low levels of functioning

Refer to **Single Point of Access Team (SPA) Monday – Friday 8.00 – 8.00**
All referrals for **Core and Enhanced** go via SPA for assessment.
(01226) 645000

**Common Mental Health Disorders
Severe Mental Illness**
Risk:

- Need to be seen within 4 hours
- Crisis and high risk
- High levels of distress

Out of hours refer to **Intensive Home Based Treatment Team (IHBTT)**
(01226) 644166

**High Risk
Complexity**

**Severe Mental Illness
Early Onset Psychosis** (First episode / first presentation to mental health services)

- Recent low level psychotic type experiences
- Does not have to fully meet the criteria for Psychosis
- Decline in social functioning
- and / or first degree family history of Psychosis / Schizophrenia
- 14 years onwards

Refer to **Early Intervention Team (EIT)**
(01226) 644150



Useful Numbers

Memory Service Kendray – 01226 644755

Child Adolescent Mental Health Services 01226 644 829

Samaritans 116 123

IDAS

Domestic Abuse - 03000 110 110

Rape Support - 03001 110 777

Disc Drug and Alcohol services - 01226 779066

Barnsley Sexual Abuse & Rape Crisis Services

Text 07786 20 90 70

Helpline 01226 320140

Citizens Advice

03444 111444

Age UK – 01226 776820

Barnsley Asylum Advice and Immigration Service – 01226 320111

Royal British Legion – 08088 028080

Barnsley Food Bank – 07744 414810

Homelessness and Housing advice 0844 9841800

Eating Disorders (SYEDA) – 01142 728822