

Our Aim

We aim to provide an early response to those patients who are experiencing mental health difficulties and look to treat, support, signpost and, where needed, refer on to a more appropriate service.

Client Comments

...was able to talk to someone with specific knowledge on regular occasions and get advice on when medication might be wise, and which medication...

The practitioner helped me to access the right support through Talkworks; helped me get some time off work to focus on myself and my feelings, and reassured me that I could access the support again whenever I needed...

A real feeling of trust in the care of the mental health practitioner. Full round care for every aspect of my mental health diagnosis. Kind, caring and knowledgeable.

Useful urgent contact numbers:

Devon First Response:

dial 111 & select Mental Health option

Mental Health Connect Cornwall:

dial 111 & select Mental Health option

Samaritans: **116 123**

Mental Health Practitioner Nurses



Who we are



Philippa Ogborne is the Mental Health Practitioner Nurses for Coast & Country Primary Care Network.

Philippa is a qualified Mental Health Nurse (RMN) and non-medical prescriber. She brings 35 years of experience in a variety of mental health services, including in-patient mental health wards and inner city home treatment teams.

We can speak to:

- Any patient 18 or over who feels they have a mental health difficulty.
- Any patient registered at Bradworthy Surgery, Hatherleigh Medical Centre, Holsworthy Medical Centre, Neetside Surgery and Stratton Medical Centre. We hold clinics at each of these centres.
- Patients experiencing a mental health crisis.

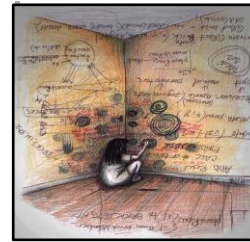
We do not generally accept:

- Someone who is already under a Community Mental Health Team. Patients should contact their Care Coordinator/Duty Desk in that team.

Contact us through your own surgery first. We are always happy to consider each appointment request that comes via the individual Patient Services Teams. You may be asked to leave a few brief details so we can get back to you. This is always confidential information.

Our Appointments

Assessment



Initial assessments are mostly telephone appointments, so we can talk to people in their own familiar surroundings. However, Face to Face assessments can take place if preferred.

Follow Up



We would anticipate that our work would be complete in four sessions. If we need to refer a patient on to another team or service, we will do that, after discussing the options together.

On The Day Appointments



We reserve a number of appointments for individuals who require more urgent assistance within three days. This includes those expressing thoughts of self-harm or harm to others, experiencing visual or auditory hallucinations, in acute distress, women who have recently given birth, or anyone feeling they are in a crisis. Please be aware that our operating hours are part-time, specifically Monday to Friday from 9 AM to 5 PM, and we will respond to your inquiries as promptly as possible during these times.