



Dorset HealthCare
University
NHS Foundation Trust

Adult and Older People's Mental Health Services

Community Mental Health Team (CMHT)

Working together for patients

Respect and dignity

Commitment to quality of care

Compassion

Improving lives

Everyone counts

Commitment to learning

Information for patients,
relatives and carers



Excellence
Compassion
Expertise

Who we aim to help

We provide assessment, treatment and care for adults aged over 18 who require mental health services. There are separate services for younger people.

If your GP or another health or social care professional feels you need an assessment from the CMHT for your mental health needs, they will make a referral on your behalf.

Who we are

The Community Mental Health Team (CMHT) comprises of staff trained and experienced in working with people who have mental health problems. The CMHT members work in the local community and see people in a range of settings but most often in an outpatient clinic or at the local team base. However, if the referral is urgent, or travelling to a clinic would be difficult, you may be seen at home.

Team members may include:

- Medial Staff
- Community Mental Health Nurses (CMHNs)
- Community Occupational Therapists (OTs)
- Psychologists
- Social Workers and Assistant Care
- Managers/Community Care Officers
- Carers Officers
- Support Time Recovery Workers (STR Workers) and Community Support Workers
- Administrative Staff

How our CMHT can help

All team members work together to ensure you receive the best possible care. This includes liaising with other organisations and agencies who you may need to help you such as housing and voluntary organisations as well as help to arrange benefits.

If your care package is provided by the CMHT, you will be allocated either a Care Coordinator or a Lead Professional who are based in your local community and will work with you to develop a personal care plan or statement of need.

The team aims to help people through a variety of assessment and treatment options available to you including:

- Helping you identify your personal goals and maximise your quality of life by developing your strengths and skills.
- Working to reduce the impact of your mental illness on both you and your family.
- Prescribing medication, monitoring its effectiveness and checking for possible side effects.
- Assessing the managing risk factors.
- Working with other services to ensure all your needs are addressed in a coordinated way.
- Supporting you to return to leisure, social and work activities.
- Talking therapies.
- Supporting you to live at home independently or finding appropriate alternative solutions - this can include utilising Personal Budgets and appropriate Care Packages where applicable.

Further details on care plans are available in the Recovery Care Plan Leaflet available from the Trust.

Your assessment

When you have been referred to the CMHT, you will be contacted to arrange an appointment for your assessment. Your first appointment will take about 30–45 minutes to complete and will be with one or two members of the team (one of whom may be a student – please let us know if you would prefer them not to attend your appointment).

It will be necessary to carry out a physical health screening during your assessment to ask you about your health and lifestyle and sometimes a physical examination may be needed, for example, taking blood pressure, checking your pulse or listening to your chest / lungs.

We aim to treat you with respect and dignity at all times. You are welcome to have a relative/friend or chaperone with you for any of your appointments, including any physical examinations that may be needed.

During your assessment some of the areas you will be asked about may include:

- Your psychological and physical health/state.
- Your personal health history.
- Your social circumstances.
- How the difficulties you are experiencing affect daily life.

The outcome of your assessment, the most suitable package of care for you and how this will be delivered for example, by the CMHT, your GP, Social Services or another service will be fully discussed with you.

Opening times of the CMHT

The CMHT is staffed from 9.00am–5.00pm, Monday to Friday. An answer machine is available for non-urgent messages at all other times.

Your Care Coordinator/Lead Professional will provide you with information and details of mental health services available outside normal working hours.

If you think you are in crisis and need urgent help

If you are in need of support and advice about mental ill health out of office hours (i.e. 5.00pm–9.00am weekdays, or any time at the weekend of bank holidays), call the Crisis Service on:

01202 609821

(covering East Dorset i.e. Bournemouth, Poole,
South and East Dorset)

01305 361269

(covering West Dorset i.e. Dorchester, Sherborne, Shaftesbury,
Bridport, Blandford, Weymouth & Portland)

What can you expect?

If you are referred to the CMHT you can:

- Expect an assessment.
- Expect to be treated with respect and dignity.
- Expect to be advised of the outcome of your assessment.
- Expect your information to be kept confidential.

Appointments

Please let us know if you are unable to attend any appointments so we can give your slot to someone else.

We will offer you another time that is convenient to you.

The team operates a free appointment reminder text messaging service. If you do not wish to receive this service please call the team and advise them accordingly.

Your local CMHT is:

Telephone number:



The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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